

# ONEIDA FAMILY FITNESS

CLASS SCHEDULE  
MAY 24TH-AUG 27TH, 2021

\*NO CLASSES: MAY 28TH AND 31ST, JULY 5TH

**MON**  
12PM BOXING BOOTCAMP

**TUES**  
12PM ROCK BOTTOM  
5PM YOGA

**WEDS**  
6AM SPIN  
12PM SPIN MIX

**THURS**  
12PM 5 ROUND FITNESS  
5PM POWER

**FRI**  
6AM SPIN MIX  
12PM SPIN AND STRENGTH



VISIT [ONEIDA-NSN.GOV/RESOURCES/FITNESS](http://ONEIDA-NSN.GOV/RESOURCES/FITNESS) TO BOOK  
OR CALL 920-490-3730

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