

# EKKLESIA F.I.T. @ KDA - GROUP FITNESS SCHEDULE



**FUN. INTENTIONAL.TOGETHER.**

November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Barre Fusion		Reb3L Strength®		Strength & Stretch		
7:00 AM						Drums Alive	
9:00 AM		Zumba		Muscle Conditioning			
4:00 PM							
6:30 PM				POUND®			
						<b>DISCOUNT FOR KDA MEMEBERS!</b> <b>PLEASE EMAIL:</b> <a href="mailto:info@ekklefiafit.com">info@ekklefiafit.com</a> Or visit : <a href="http://ekklefiafit.com">ekklefiafit.com</a>	
	Classes held in purple room	Class held in green room					

