

# Fox Group Ex Schedule Memorial Day

## Monday, May 30

### Cycle Studio

8:15am	Cycle 40/20	Barb
9:10am	Cycle	Lindsay

### Group Ex Studio

9:00am	Tabata	Kim
10:00am	Express Sculpt	Kim

### Mind/Body Studio

10:30am	Stretch*	Elise
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\*Livestream also available via your J Community account  
Regularly scheduled classes will not be held.

Contact: Sarah Amonson, 314.442.3210

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