

BELLEVUE

group activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45	Monte Baston Hike	Nordic Walk	Morning Stretch	Monte Baston Hike	Nordic Walk	Morning Stretch	Gym for kids
16:00 - 16:45	Kettlebell Power	Aerotone	Bodyweight Workout	Kettlebell Power	Booty Shape	Bodyweight Workout	Apoxyomenos

