

THE WELLNESS CENTER

Fitness Classes

Monday

Class

12:10pm-12:35pm

Kickboxing Cardio

4:30-5:00pm

Martial Arts Class

Tuesday

12:10pm-12:30pm

On Screen Fitness- CARDIO POUND

Wednesday

12:10pm-12:35pm

Kickboxing Cardio

4:30-5:00pm

Martial Arts Class

Thursday

12:10pm-12:30pm

On Screen Fitness- CARDIO POUND

Friday

9:00am-3:00pm

Relaxation Station- Every 15 minutes



OKLAHOMA CITY