



# Group Fitness Schedule

Effective August 30, 2021

TIME CLASS INSTRUCTOR / STUDIO

TIME CLASS INSTRUCTOR / STUDIO

## Monday

6:00 - 6:50 am	Studio Cycle	Rico B. C
6:00 - 7:00 am	Yoga (Multi-Level)	Maggie C. 1
9:30 - 10:30 am	BURN	Julie S. C
12:00 - 1:00 pm	Yoga (Multi-Level)	Laura D. 1
5:30 - 6:30 pm	BODYPUMP	Joey H. 2
5:30 - 6:20 pm	Studio Cycle	Peter M. C
6:30 - 7:30 pm	Vinyasa Flow Yoga	Kali O. 1

## Thursday

6:00 - 7:00 am	BODYPUMP	John N. 2
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 - 9:30 am	Abs & Arms	Katie D. 2
9:45 - 10:30 am	Total Body Training	Katie D. 2
5:30 - 6:20 pm	Studio Cycle	Carson S. C
5:30 - 6:30 pm	BODYPUMP	Sam A. 2
6:00 - 7:00 pm	Pilates Mat	Hayley R. 1
6:45 - 7:30 pm	HIIT + Hard Core	Paul R. 2

## Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C. 2
6:00 - 7:00 am	BURN	Kaitlyn F. C
9:00 - 10:00 am	Yoga Sculpt	Therese C. 1
10:00 - 10:45 am	HIIT + Hard Core	Kaitlyn F. 2
5:00 - 5:45 pm	BODYATTACK Express	Erika S. 2
6:00 - 6:50 pm	Studio Cycle	Katie D. C
6:30 - 7:30 pm	Boxing Challenge	Tony H. 2

## Friday

6:00 - 6:50 am	Studio Cycle	Julie S. C
6:00 - 7:00 am	Yoga (Multi - Level)	Maggie C. 1
9:00 - 9:45 am	Ballet Burn	Therese C. 2
9:30 - 10:20 am	Studio Cycle	Katie D. C
10:00 - 11:00 am	Stretch	Steve W. 1
11:00 - 12:00 pm	Aqua Movement	Steve W. P
12:00 - 1:00 pm	BODYPUMP	Amy S. 2

## Wednesday

6:00 - 6:50 am	Studio Cycle	Andrew L. C
6:00 - 7:00 am	Sports Training	Julie S. 2
9:00 - 10:00 am	Stretch	Steve W. 1
12:00 - 1:00 pm	Ballet Burn	Alberto A. 2
12:00 - 12:45 pm	Tread & Shred	Julie S. CF
5:00 - 6:00 pm	BODYPUMP	Katie D. 2
5:00 - 6:00 pm	BURN	TBD 2
6:15 - 6:45 pm	HIIT + Hard Core	Katie D. 2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M. 1

## Saturday

8:00 - 8:50 am	Studio Cycle	Julie S. C
8:15 - 9:15 am	BODYPUMP	Alyssa O. 2
9:30 - 10:30 am	Pilates Mat	Penny S. 1
10:00 - 11:00 am	Hip Hop/Funk	Viola E. 2
10:30 - 11:30 am	BURN	Andrew L. C
11:15 - 12:15 pm	Boxing Challenge	Tony H. 2

## Sunday

9:00 - 10:00 am	Sports Training	Julie S. 2
10:00 - 11:00 am	AquaTBT	Trudy G. P
10:15 - 11:15 am	BODYPUMP	Sam A. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Brittany Z. 1

**C = Cycle Studio**      **1 = Studio 1**      **2 = Studio 2**  
**CF = Cardio Floor**      **P = Pool**

Schedules subject to change. Please refer to CAC's new app for updates.

\* Find out more at [ChicagoAthleticClubs.com](http://ChicagoAthleticClubs.com) \*