



# Group Fitness Schedule

Effective November 1st, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Ashley S. <b>2</b>
5:00 - 5:30 pm	HIIT .....	Michaela M. <b>1</b>
5:30 - 6:30 pm	Pilates Mat .....	Penny S. <b>2</b>
5:45 - 6:30 pm	BODYCOMBAT Express .....	Jojo Y. <b>1</b>
5:45 - 6:35 pm	Studio Cycle.....	Jen P. <b>C</b>

<b>Tuesday</b>		
12:00 - 1:00 pm	BODYPUMP .....	Jennifer T. <b>1</b>
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Erica M. <b>2</b>
5:00 - 6:00 pm	BODYPUMP .....	Hannah C. <b>1</b>
6:15 - 7:00 pm	BODYATTACK Express .....	Alyssa O. <b>1</b>

<b>Wednesday</b>		
7:00 - 8:00 am	Yoga (Multi-Level) .....	Laura D. <b>2</b>
12:00 - 1:00 pm	Total Body Training.....	Nichole B. <b>1</b>
12:00 - 1:00 pm	Yoga Sculpt .....	Laura D. <b>2</b>
5:00 - 6:00 pm	Vinyasa Flow Yoga.....	Caroline B. <b>2</b>
5:30 - 6:15 pm	BODYPUMP Express .....	Meagan P. <b>1</b>
6:15 - 7:00 pm	BODYBALANCE.....	Nikki S. <b>2</b>
6:30 - 7:15 pm	BODYCOMBAT Express .....	Hannah C. <b>1</b>

<b>Thursday</b>		
9:00 - 10:00 am	Tread and Shred.....	Stephanie B.J. <b>CF</b>
12:00 - 12:30 pm	GRIT Cardio .....	Breanne L. <b>1</b>
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Laura D. <b>2</b>
5:00 - 6:00 pm	BODYPUMP .....	Katie B. <b>1</b>
5:30 - 6:30 pm	Yoga (Multi Level) .....	Caroline B. <b>2</b>
6:00 - 6:50 pm	Studio Cycle.....	Erica S. <b>C</b>
6:15 - 7:15 pm	BODYJAM .....	Katie B. <b>1</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
7:00 - 8:00 am	Yoga (Multi-Level) .....	Kathy P. <b>2</b>
12:00 - 1:00 pm	Vinyasa Flow yoga.....	Caroline B. <b>2</b>
12:00 - 1:00 pm	Total Body Training.....	Stephanie B.J. <b>1</b>

<b>Saturday</b>		
9:00 - 9:50 am	Studio Cycle .....	Donna P. <b>C</b>
9:30 - 10:30 am	BODYPUMP .....	Hannah C. <b>1</b>
10:30 - 11:30 am	Vinyasa Flow yoga.....	Bradshaw W. <b>2</b>
10:45 - 11:45 am	BODYCOMBAT.....	Hannah C. <b>1</b>

<b>Sunday</b>		
9:00 - 9:50 am	Studio Cycle .....	John N. <b>C</b>
10:00 - 11:00 am	BODYPUMP .....	John N. <b>1</b>
10:00 - 11:00 am	Vinyasa Flow yoga.....	Laura D. <b>2</b>

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

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