



GROUP FITNESS SCHEDULE

MONDAY

6:00-7:00am	Studio Strength	Rebecca D.	4
7:15-8:15am	Vinyasa Flow Yoga	Rebecca D.	2
9:00-10:00am	Ballet Burn	Emily O.	4
9:15-10:05am	HIT Cycle	Vlad B.	C
9:30-10:30 am	Pilates Mat	Suzy C.	2
10:00-10:55am	Aqua Movement	Penny S.	P
10:15-10:45am	BODYPUMP Express	Vlad B.	4
11:00-12:00pm	Functnl Strngth & Strtch	Robin G.	4
12:00-1:00pm	Vinyasa Flow Yoga	Ken C.	2
5:45-6:15pm	Les Mills CORE	Cecelia W.	4
6:30-7:30pm	Hip Hop Funk	Viola E.	4
6:30-7:00pm	SPRINT	Cecelia W.	C

TUESDAY

7:00-8:00am	Yoga Multi-Level	Rebecca D.	2
9:00-9:55am	Aqua Movement	Robin G.	P
9:30-10:30am	TRX	Julie L.	4
9:30-10:30am	Yoga Sculpt	Mindy G.	2
10:45-11:45am	BURN	Kathryn M.	B
10:45-11:45am	Functnl Strngth & Strtch	Julie L.	4
11:00-12:00pm	Beginner Yoga	John L.	2
12:00-12:30pm	BODYPUMP Express	Emily O.	4
12:15-1:15pm	Pilates for Buff Bones®	Rena S.	2
5:30-6:15pm	CEREMONY HYROX	Emma M.	2
5:30-6:30pm	Pilates Mat	Niki M. H.	4
6:00-7:00pm	BURN	Cathy L.	B

WEDNESDAY

6:00-7:00am	BODYPUMP	Katy T.	4
9:00-10:00am	BODYPUMP Heavy	Vlad B.	4
9:00-10:00am	Vinyasa Flow Yoga	Paul W.	2
9:30-10:00am	SPRINT	Jennifer T.	C
9:30-10:30am	Zumba	Suzy C.	G
10:15-10:45am	Les Mills CORE	Jennifer T.	4
10:15-11:15am	Pilates Mat	Kris M.	2
11:00-12:00pm	Functnl Strngth & Strtch	Robin G.	4
6:00-6:55pm	Aqua TBT	Robin G.	P
6:00-7:00pm	BODYPUMP	Emma M.	4
6:30-7:30pm	Stretch	Kathryn M.	2

THURSDAY

7:00-8:00am	Vinyasa Flow Yoga	Rebecca D.	2
9:30-10:30am	BODYPUMP	Mila C.	4
9:30-10:30am	BURN	Julie L.	B
9:30-10:30am	Nia	Myrna W.	G
9:30-10:30am	Yoga (Multi-Level)	Kathy P.	2
10:00-10:55am	Aqua TBT	Lisa H.	P
10:45-11:45am	Total Body Training	Julie L.	4
12:00-12:45pm	Stretch	Julie L.	2
5:30-6:15pm	BODYPUMP Express	Emma M.	4

FRIDAY

6:00-7:00am	BODYPUMP	Cecelia W.	4
9:30-10:20am	HIT Cycle	Elliott B.	C
9:30-10:30am	Studio Strength	Emily O.	4
9:30-10:30am	Zumba	Rhonda S.	G
10:30-11:30am	Beginner Yoga	Ken C.	2
10:45-11:45am	BODYPUMP	Vlad B.	4
12:00-12:55pm	Aqua TBT	Lisa H.	P
12:00-1:00pm	Functnl Strngth & Strtch	Robin G.	4
1:00-2:00pm	Gentle Pilates	Rena S.	2

SATURDAY

9:15-10:15am	Total Body Training	Katy A.	4
9:30-10:30am	BURN	Julie L.	B
10:00-10:55am	Aqua TBT	Robin G.	P
10:30-11:30am	Nia	Myrna W.	G
10:30-11:30am	Yoga Multi-Level	Jordan R.	2
10:45-11:45am	TRX	Julie L.	4
11:45-12:45pm	Pilates Mat	Kris M.	2
12:00-1:00pm	BODYPUMP Heavy	Emma M.	4

SUNDAY

8:30-9:20am	HIT Cycle	Vlad B.	C
9:30-10:30am	BODYPUMP	Vlad B.	4
10:00-10:55am	Aqua Movement	Robin G.	P
10:30-11:30am	Stretch	Kathy P.	2
10:30-11:30am	Zumba	Cathy L.	G
11:00-11:45am	CEREMONY HYROX	Emma M.	4
11:30-12:30pm	Pilates Mat	Penny S.	2
12:45-2:00pm	Yoga Multi-Level	Kali O.	2