



GROUP FITNESS SCHEDULE

MONDAY

6:00-6:50am	HIT Cycle	Julie S.	C
8:15-9:00am	BODYATTACK Express	Nikki S.	1
9:15-10:15am	Pilates Mat	Erin H.	2
9:30-10:20am	HIT Cycle	Paul R.	C
10:30-11:30am	Yoga Multi-Level	Erica M.	2
10:45-11:45am	Studio Strength	Alexander E.	1
11:45-12:45pm	Vinyasa Flow Yoga	Erica M.	2
12:00-12:55pm	Aqua TBT	Lisa H.	P
5:00-6:00pm	Pilates Mat	Hayley S.	2
5:30-6:30pm	BODYPUMP	Kate K.	1
6:00-6:30pm	SPRINT	Jason P.	C
6:15-7:15pm	Yoga Multi-Level	Sarah C.	2
6:45-7:15pm	Les Mills CORE	Kate K.	1

TUESDAY

6:00-7:00am	BODYPUMP	Jamey D.	1
7:15-7:45am	SPRINT	Jamey D.	C
8:00-9:00am	Total Body Training	Jennifer T.	1
9:30-10:30am	Studio Strength	Lisa H.	1
5:00-6:00pm	Yoga (Multi-Level)	Kathleen M.	2
5:45-6:30pm	BODYCOMBAT Express	Jojo Y.	1
6:00-6:55pm	Aqua TBT	Lisa H.	P
6:00-6:50pm	HIT Cycle	Jonathan S.	C
6:15-7:15pm	Vinyasa Flow Yoga	Kathleen M.	2
6:45-7:45pm	BODYPUMP	Melissa B.	1
7:15-7:30pm	Meditation	Kathleen M.	2

WEDNESDAY

6:00-6:50am	HIT Cycle	Chelsea S.	C
8:15-9:00am	BODYPUMP Express	Nikki S.	1
9:15-9:45am	SPRINT	Nikki S.	C
11:00-12:00pm	Ballet Burn	Emily O.	1
12:00-12:55pm	Aqua TBT	Lisa H.	P
12:00-1:00pm	Yoga Multi-Level	Kali O.	2
4:00-5:00pm	Yoga Multi-Level	Nikki S.	2
5:00-5:45pm	BODYPUMP Express	Jennifer T.	1
5:15-6:15pm	Pilates Mat	Hayley R.	2
6:00-6:30pm	Les Mills CORE	Jennifer T.	1
6:15-7:30pm	Yoga (Multi-Level)	Kali O.	2
6:45-7:45pm	BODYJAM	Nikki S.	1

THURSDAY

6:00-7:00am	Total Body Training	Fran B.	1
8:30-9:15am	CEREMONY HYROX	Jennifer T.	1
9:30-10:00am	SPRINT	Jennifer T.	C
10:15-10:45am	Les Mills CORE	Jennifer T.	1
10:30-11:30am	Yoga Multi-Level	Erica M.	2
11:30-12:30pm	Studio Strength	Alexander E.	1
12:00-1:30pm	Vinyasa Flow Yoga	Erica M.	2
4:00-5:00pm	Yoga Multi-Level	Stephanie S.	2
5:30-6:30pm	Studio Strength	Lisa H.	1
6:00-6:50pm	HIT Cycle	TBD	C
6:15-7:30pm	Yoga Multi-Level	Kali O.	2

FRIDAY

6:00-6:50am	HIT Cycle	Jamie R.	C
7:15-8:00am	CEREMONY HYROX	Jamie R.	1
9:00-10:00am	Yoga Multi-Level	Kali O.	2
9:30-10:20am	HIT Cycle	Jennifer T.	C
10:00-10:55am	Aqua TBT	Lisa H.	P
10:30-11:30am	BODYPUMP	Jennifer T.	1
11:45-12:30pm	BODYBALANCE Express	Nikki S.	2
5:15-5:45pm	HIIT	Lisa H.	1
5:45-6:30pm	Hard Core	Lisa H.	1

SATURDAY

8:15-9:15am	BODYBALANCE	Nikki S.	2
8:30-9:15am	CEREMONY HYROX	Jamie R.	1
9:00-9:50am	HIT Cycle	Noel D.	C
9:30-10:00am	GRIT Strength	Jojo Y.	1
10:00-11:00am	Yoga Multi-Level	Ken C.	2
10:15-11:15am	BODYJAM	Nikki S.	1
11:15-12:15pm	Vinyasa Flow Yoga	Sarah C.	2
11:30-12:30pm	BODYPUMP	Jamey D.	1
12:00-12:55pm	Aqua Movement	Stephanie H.	P

SUNDAY

8:30-9:15am	BODYPUMP Express	AJ C.	1
8:45-9:45am	Pilates Fusion	TBD	2
9:30-10:30am	BODYPUMP	Leslie B.	1
10:00-11:00am	Vinyasa Flow Yoga	Andrea W.	2
10:45-11:45am	BODYCOMBAT	Leslie B.	1
12:00-1:00pm	Yoga Multi-Level	Ken C.	2
1:00-1:50pm	HIT Cycle	Fran B.	C
3:00-4:30pm	Yin Yoga	Ken C.	2