

# Group Fitness Schedule

Jan 6th - March 15th, 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:00am (30min) Group Core		5:00am (30min) Group Core		5:00am (30min) Group Core	
	5:30am (60min) SPORT	5:30am (60min) Group Power		5:30am (60min) Group Power	5:30am (60min) SPORT	
	8:15am (55min) Step	8:15am (45min) Pilates	8:15am (55min) Step	8:15am (45min) Pilates	8:15am (60min) ZUMBA	
	9:15am (30min) Group Core	9:15am (60min) Group Power	9:15am (45min) TABATA	9:15am (60min) Group Power	9:15am (30min) Group Core	9:15am (60min) Group Power
	10:15am (45min) Basic Step		10:15am (45min) Basic Step		10:15am (45min) Basic Step	10:15am (60min) ZUMBA
		12:00pm (30min) Group Core		12:00pm (30min) Group Core		
	1:00pm (60min) Forever Fit		1:00pm (60min) Forever Fit		1:00pm (60min) Forever Fit	
2:00pm (60min) ZUMBA						
3:00pm (60min) Group Power						
	4:30pm (45min) TABATA	4:30pm (60min) Group Power	4:30pm (45min) Cardio CrossTraining		4:30pm (60min) Group Power	
	5:30pm (60min) Group Power	5:30pm (45min) Cardio CrossTraining	5:30pm (60min) Group Power	5:30pm (45min) Cardio CrossTraining	5:30pm (30min) Group Core	
	6:30pm (60min) Kick Boxing	6:30pm (60min) Cardio Dance	6:30pm (60min) Cardio Dance	6:30pm (60min) ZUMBA		

# Cycle Class Schedule

Jan 6th - March 15th, 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:00am (30min) R30		5:00am (30min) R30		
	5:30am (60min) Group Ride		5:30am (60min) Group Ride		5:30am (60min) Group Ride	
		8:10am (60min) Group Ride	8:10am (60min) Group Ride	8:10am (45min) FreeStyle		8:10am (45min) FreeStyle
	8:30am (30min) R30				8:30am (30min) R30	
	12:00pm (30min) R30		12:00pm (30min) R30		12:00pm (30min) R30	
1:45pm (60min) Group Ride						
	4:45pm (30min) R30	4:45pm (30min) R30	4:45pm (30min) R30	4:45pm (30min) R30		
	5:30pm (60min) Group Ride	5:30pm (60min) Group Ride	5:30pm (60min) Group Ride	5:30pm (45min) FreeStyle		



# Mind & Body Studio Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
			5:30am (60min) Group Centergy			
	8:10am (60min) Group Centergy	8:10am (60min) BARRE	8:10am (60min) BARRE	8:10am (60min) BARRE	8:10am (60min) Group Centergy	8:10am (60min) Heated Yoga
	9:15am (45min) Yin Yoga	9:15am (45min) TABATA	9:15am (45min) Yin Yoga	9:15am (45min) TABATA	9:15am (45min) Yin Yoga	9:15am (60min) Group Centergy
	10:00am (55min) Vinyasa Flow				10:00am (55min) Vinyasa Flow	
		10:20am (45min) Basic Yoga		10:20am (45min) Basic Yoga		10:20am (45min) Basic Yoga
		11:15pm (45min) Senior Yoga	11:15pm (45min) Senior Yoga	11:15pm (45min) Senior Yoga		
4:00pm (60min) Group Centergy						
	4:30pm (55min) Vinyasa Flow	4:30pm (60min) Group Centergy	4:30pm (45min) Yin Yoga	4:30pm (60min) Group Centergy		
	5:30pm (60min) Group Centergy	5:30pm (45min) Basic Yoga	5:30pm (55min) Vinyasa Flow	5:30pm (60min) Heated Yoga		
			6:30pm (60min) Group Centergy			



# Pool Class Schedule

Jan 6th - March 15th, 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
	9:00am (45min) Arthritis Aquatics	9:00am (60min) HIGH TIDE	9:00am (45min) Arthritis Aquatics	9:00am (60min) HIGH TIDE	9:00am (45min) Arthritis Aquatics	
	10:00am (45min) Arthritis Aquatics	10:00am (60min) LOW TIDE	10:00am (45min) Arthritis Aquatics	10:00am (60min) LOW TIDE	10:00am (45min) Arthritis Aquatics	
	11:00am (45min) Arthritis Aquatics		11:00am (45min) Arthritis Aquatics		11:00am (45min) Arthritis Aquatics	
	12:00pm (45min) Arthritis Aquatics				12:00pm (45min) Arthritis Aquatics	
	5:30pm (60min) Liquid Fitness	5:30pm (60min) Liquid Fitness		5:30pm (60min) Liquid Fitness		