

GROUP FITNESS SCHEDULE

EFFECTIVE JULY 5 - AUG 2 (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:30a Group Ride Lyn CYCLE STUDIO		5:30a with Lyn Cardio, Core & More ONLINE via FACEBOOK		5:30a Group Ride Lyn CYCLE STUDIO	
	8:15a Step Debra GROUP FITNESS STUDIO	8:15a BARRE Rachel MIND & BODY STUDIO	8:15a Step Debra GROUP FITNESS STUDIO	8:15a Yoga Tomoko MIND & BODY STUDIO	8:15a ZUMBA Antonio GROUP FITNESS STUDIO	8:15a ZUMBA Antonio GROUP FITNESS STUDIO
		9:15a Group Power Cindy GROUP FITNESS STUDIO	9:15a Group Centergy Lyn MIND & BODY STUDIO	9:15a Group Power Cindy GROUP FITNESS STUDIO		9:15a Group Ride Debra CYCLE STUDIO
	10:15a with Pat Yoga ONLINE via FACEBOOK					10:15a Group Power Sophia GROUP FITNESS STUDIO
	11:15p Senior Yoga Tomoko MIND & BODY STUDIO		11:15p Senior Yoga Tomoko MIND & BODY STUDIO	11:15a with Pat Yoga ONLINE via FACEBOOK	11:15p Senior Yoga Tomoko MIND & BODY STUDIO	11:15a with Pat Yoga ONLINE via FACEBOOK
1p Group Ride Karyn CYCLE STUDIO						
2:30p Group Power Karyn GROUP FITNESS STUDIO						
4p Group Centergy Dena / Laura MIND & BODY STUDIO						
	4:30p Flow Yoga Karyn MIND & BODY STUDIO	4:30p Group Centergy Lyn MIND & BODY STUDIO		4:30p Flow Yoga Karyn MIND & BODY STUDIO		
	5:30p Group Power Sophia GROUP FITNESS STUDIO	5:30p Group Ride Lyn CYCLE STUDIO	5:30p Group Power Karyn GROUP FITNESS STUDIO	5:30p Group Ride Liana / Dena CYCLE STUDIO		
	6:30p Group Centergy Dena / Laura MIND & BODY STUDIO	6:30p Cardio Dance Jennifer GROUP FITNESS STUDIO	6:30p Group Centergy Laura MIND & BODY STUDIO	6:30p Cardio Dance Natalia GROUP FITNESS STUDIO		

