

Group Fitness Studio Class Schedule (Oct 30 - Dec 3) 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	TABATA 45m Jeff	Group Power 60m Lyn	Cardio, Core, & More 45m Lyn	Group Power 60m Lyn	TABATA 45m Jeff		
8:15	Step 60m Debra	TABATA 45m Jeff	Step 60m Debra	TABATA 45m Jeff	Cardio Dance 60m Antonio / Rachel	Cardio Dance 60m Jenny / Antonio	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
9:30	Cardio Dance 60m Rachel					Group Power 60m Dena	
10:20		Beginner Step 45m Laura		Beginner Step 45m Rachel			
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
1:00 classroom	Forever Fit 60m Aaron		Forever Fit 60m Antonio		Forever Fit 60m Aaron		
1:45							ZUMBA 60m Natalia
3:00							Group Power 60m Pam
4:15			ZUMBA 60m Natalia				
4:30	TABATA 45m Antonio	Cardio, Core, & More 45m Pam		Cardio, Core, & More 45m Pam	Group Power 60m Pam		
5:30	Group Power 60m Pam		Group Power 60m Karyn				
6:30		Cardio Dance 60m Jenny		Cardio Dance 60m Antonio / Jenny			
6:45	BOOT / STRONG 30m/30m Elsa		ZUMBA Toning 60m Elsa				

CYCLE Class Schedule (Oct 30 - Dec 3) 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn		Group Ride 60m Pam		Group Ride 60m Lyn		
8:15		FreeStyle 60m Debra				Group Ride 60m Liana / Debra	
11:15		R30 - Pat		R30 - Pat			
4:30			R30 - Pat				
5:30	Group Ride 60m Dena	FreeStyle 60m Dena		Group Ride 60m Pam			

Mind / Body Class Schedule (Oct 30 - Dec 3) 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:20	Group Centergy 60m Laura	Yin Yoga 45m Pat	Yogalates 60m Cindy	Yang Yoga 45m Pat	Group Centergy 60m Laura		
10:15		Yang Yoga 45m Pat		Yin Yoga 45m Pat			
10:35						Heated Yoga 60m Pat	
4:00							Group Centergy 60m Dena
4:30		Group Centergy 60m Brittany					
5:15	Heated Yoga 60m Karyn		Yin Yoga 60m Pat	Heated Yoga 60m Karyn			
6:30	Group Centergy 60m Dena		Group Centergy 60m Brittany				

POOL Class Schedule (Oct 30 - Dec 3) 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Antonio		Liquid Fitness 60m Antonio			
9:00	Arthritis Aquatics 45m Megan		Arthritis Aquatics 45m Megan		Arthritis Aquatics 45m Megan		
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Aaron		
5:30	Liquid Fitness 60m Antonio	Liquid Fitness 60m Antonio		Liquid Fitness 60m Tammy			

Bradley Wellness Center

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www.bradleywell.com