

Group Fitness Studio Class Schedule (March 31 - April 27) 2025

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|---------------------------|---------------------------------|---------------------------------|-----------------------------------|---------------------------------|-------------------------|-------------------------------|
| 5:30 | TABATA 45m Muna | Group Power 60m Lyn | Cardio, Core, & More 45m Lyn | Group Power 60m Lyn | TABATA 45m Muna | | |
| 8:15 | Step 60m Debra | TABATA 45m Jeff | Step 60m Debra | TABATA 45m Jeff | ZUMBA 60m Natalia / Rachel J | ZUMBA 60m Jenny | |
| 9:15 | | Group Power 60m Cindy | | Group Power 60m Cindy | | | |
| 9:30 | | | | | | Group Power 60m Dena | |
| 10:20 | | Beginner Step 45m Laura | | Beginner Step 45m Laura | | | |
| 11:15 | Senior Yoga 45m Tomoko | | Senior Yoga 45m Tomoko | | Senior Yoga 45m Tomoko | | |
| 12:30 | | | | | | | BOOT / STRONG 30m/30m Elsa |
| 1:00 classroom | Forever Fit 60m Tucker | | Forever Fit 60m Antonio | | Forever Fit 60m Aaron | | |
| 1:45 | | | | | | | ZUMBA 60m Natalia |
| 3:00 | | | | | | | Group Power 60m Karyn |
| 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 | ZUMBA 60m Elsa | ZUMBA 60m Jenny | ZUMBA Toning 60m Elsa | Cardio, Core, & More 60m Jenny | | | |
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CYCLE Class Schedule (March 31 - April 27) 2025

| 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 / Dena | |
| 11:15 | | R30 - Pat | | R30 - Pat | | | |
| 5:30 | GR / FS 60m Dena | FreeStyle 60m Dena | | Group Ride 60m Pam | | | |

Mind / Body Class Schedule (March 31 - April 27) 2025

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|-----------------------------|---------------------------|-----------------------------|---------------------------|-----------------------------|--------------------------------|----------------------------|
| 8:30 | BARRE 45m Rachel W | | BARRE 45m Michelle | | BARRE 45m Rachel W | | |
| 9:20 | Group Centergy 60m Laura | Yang Yoga 45m Pat | Yogalates 60m Cindy | Yang Yoga 45m Pat | Group Centergy 60m Laura | | |
| 10:15 | | Yin Yoga 45m Pat | | Yin Yoga 45m Pat | | | |
| 10:30 | | | | | | Heated Yoga 60m Pat / Karyn | |
| 4:00 | | | | | | | Group Centergy 60m Dena |
| 4:30 | | Group Centergy 60m Lyn | BARRE 45m Michelle | Group Centergy 60m Lyn | | | |
| 5:15 | | | Yin Yoga 60m Pat | | | | |
| 5:30 | Heated Yoga 60m Karyn | | | Heated Yoga 60m Karyn | | | |
| 6:30 | Group Centergy 60m Dena | | Group Centergy 60m Laura | | | | |

POOL Class Schedule (March 31 - April 27) 2025

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|----------------------------------|-------------------------------|-----------------------------------|---|-----------------------------------|----------|--------|
| 8:30 | | Liquid Fitness 60m Antonio | | Liquid Fitness 60m Tammy / Daniela | | | |
| 9:00 | Arthritis Aquatics 45m Tucker | | Arthritis Aquatics 45m Antonio | | Arthritis Aquatics 45m Antonio | | |
| 11:00 | Arthritis Aquatics 45m Aaron | | Arthritis Aquatics 45m Tucker | | Arthritis Aquatics 45m Aaron | | |
| 5:30 | Liquid Fitness 60m Antonio | Liquid Fitness 60m Daniela | | Liquid Fitness 60m Antonio / Daniela | | | |
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Bradley Wellness Center

(706) 278-WELL

www.bradleywell.com