

GROUP EXERCISE SCHEDULE

STUDIO A & B

Winter 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	5:30 am Body Pump Studio A	5:30 am	5:30 am Body Pump Studio A	5:30 am Core Strength Studio A	
Cycling Studio B		Cycling Studio B		Cycling Studio B	
8:30 am HIIT Studio A	8:30 am Body Pump Studio A	8:30 am TurboKick Studio A	8:30 am Body Pump Studio A	8:30 am HIIT Studio A	8:30 am Body Pump Studio A
Yoga Studio B	Beginner Yoga Studio B	PiYo Studio B	Beginner Yoga Studio B	Core Strength Studio B	
9:30 am TurboKick Studio A	9:30 am Cardio 101 Studio A	9:30 am Body Pump Studio A	9:30 am TurboKick Studio A	9:30 am Body Pump Studio A	
9:45 am Silver Sneakers Classic Studio B	9:45 am Silver Sneakers Yoga Studio B	9:45 am Silver Sneakers Classic Studio B	9:45 am Silver Sneakers Circuit Studio B	9:45 am Silver Sneakers Classic Studio B	
	11:30 am Cycle Express Studio B (30 Min)		11:30 am Cycle Express Studio B (30 Min)		
12:15 pm Body Pump Studio A (30 min)	12:15 pm Cycle Express Studio B (30 min)		12:15 pm Cycle Express Studio B (30 min)	12:15 pm Body Pump Studio A (30 min)	
4:30 pm HIIT Studio A	4:30 pm PiYo Studio B	4:30 pm Body Pump Studio A			
5:30 pm Body Pump Studio A	5:30 pm Turbo Kick Studio A	5:30 pm Body Pump Studio A	5:30 pm TurboKick Studio A		
Cycling Studio B	Yoga (5:45) Studio B	Cycling Studio B	PiYo Studio B		
6:30 pm TurboKick Studio A	6:30 pm Body Pump Studio A	6:30 pm	6:30 pm Body Pump Studio A		
Core Strength Studio B		Core Strength Studio B			

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