

GROUP EXERCISE SCHEDULE

STUDIO A & B

Fall 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am TRX *Class w/ fee	5:30 am Body Pump Studio A	5:30 am TRX *Class w/ fee	5:30 am Body Pump Studio A		
RPM Studio B		RPM Studio B			
8:30 am HIIT Studio A	8:30 am Body Pump Studio A	8:30 am Beyond Barre Studio B	8:30 am Body Pump Studio A	8:30 am HIIT Studio A	8:30 am Body Pump Studio A
Yoga Studio B			Yoga Studio B		
		9:00 am Aqua Cardio Pool		9:00 am Aqua Cardio Pool	
9:30 am Zumba Studio A		9:30 am RPM Studio B (30 min)	9:30 am Strong Nation Studio A	9:30 am RPM Studio B (30 min)	
	10:30 am Silver Sneakers Classic Studio B		10:30 am Silver Sneakers Classic Studio B		
12:15 pm Body Pump Studio A (30 min)		12:15 pm RPM Studio B (30 min)		12:15 pm Body Pump Studio A (30 min)	
4:30 pm RPM Studio B	4:30 pm Cardio HIIT Studio A	4:30 pm Beyond Barre Studio B	4:30 pm Body Pump Studio A		
5:30 pm Total Body Strength Studio A	5:30 pm Core De Force Studio A	5:30 pm Body Pump Studio A	5:30 pm Yoga Studio B		
6:00 pm Aqua Cardio Pool		6:00 Aqua Cardio Pool			

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