

GROUP EXERCISE SCHEDULE

STUDIO A & B, POOL, TRX

WINTER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am RPM Studio B	5:30 am Body Pump Studio A	5:30 am RPM Studio B	5:30 am Body Pump Studio A		
8:30 am HIIT Studio A	8:30 am Body Pump Studio A	8:30 am HIIT 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		Barre Studio B	Yoga Studio B TRX(45 min)	Yoga Studio B	
9:00 am Aqua Cardio Pool		9:00 am Aqua Cardio Pool		9:00 am Aqua Cardio Pool	
9:30 am RPM Studio B (30 min)		9:30 am RPM Studio B (30 min)	9:30 am Cardio Dance Studio A	9:30 am RPM Studio B (30 min)	9:30 am Cardio Dance Studio A
10:30 am Silver Sneakers Classic Studio B		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 Body Pump Studio A (30 min)	
	4:30 pm HIIT Studio A	4:30 pm Cardio Dance Studio A	4:30 pm Body Pump Studio A		
5:30 pm Body Pump Studio A	5:30 pm Yoga (45 min) Studio B	5:30 pm Body Pump Studio A	5:30 pm Yoga Studio B		
6:00 pm Aqua Cardio Pool		6:00 pm Aqua Cardio Pool	6:30 pm Zumba Studio A Barre Studio B		

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