

GROUP EXERCISE SCHEDULE

STUDIO A & B, POOL, TRX

SPRING 2023

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 TRX HIIT TRX	8:30 am Body Pump Studio A	8:30 am HIIT Studio A	8:30 am Body Pump Studio A
	9:00 am Yoga Studio B		8:30am 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)	9:30am Cardio Dance Studio A (45 min)		9:30 am Cardio Dance Studio A (45 min)	9:30 am RPM Studio B (30 min)	9:45 am Cardio Dance Studio A (45 min)
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 RPM Studio B (30 min)		12:15 pm RPM Studio B (30 min)	12:15 pm Body Pump Studio A (30 min)	
		4:30 pm Cardio Dance Studio A (45 min)			
5:30 pm Body Pump Studio A	5:30 pm TRX HIIT TRX	5:30 pm Body Pump Studio A			
5:30pm Barre Studio B			5:30 pm RPM Studio B		
6:00 pm Aqua Cardio Pool		6:00 pm Aqua Cardio Pool	6:00pm Zumba Studio A		

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