

Group X Fitness Class Schedule *** July 1st****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Spin Gina - Studio C	5:30 AM Bootcamp Gina - Court 1	5:30 AM Spin Dawn - Studio C	5:30 AM Les Mills BodyPump Malise - Studio A	5:30 AM Fusion Rotating - Studio B & C	8:00 AM Spin Deanna - Studio C	8:00 AM Spin Rotating - Studio C
8:00 AM Spin Deanna - Studio C	8:00 AM (45 Min) BODYSHRED Deanna - Court 1	8:00 AM Les Mills BodyFlow Deanna - Studio A	8:00 AM Spin Stacey C - Studio C	8:00 AM Les Mills BodyPump Kim - Studio A	8:00 AM Bootcamp Gina - Court 1	8:00 AM Les Mills BodyFlow Malise- Studio A
9:15 AM Pilates Deanna - Studio A	8:15 AM (30min) Les Mills CXWorx Nicole - Studio B	9:00 AM Les Mills BodyPump Nicole - Court 1	8:00 AM (45 Min) Bodyshred Deanna - Court 1	8:00AM Yogalatties Deanna - Studio B	8:00 AM Weekend Workout Rima - Kensington	9:15 AM Les Mills BodyPump Kim. Studio A
9:15 AM Les Mills BodyCombat Shannon - Studio B	8:30AM Spin Jill-Studio C	9:15 AM Les Mills BodyFlow Deanna - Studio B	9:00 AM CRT Deanna -Court 1	8:00AM Spin Jill- Studio C	8:30AM(30min) LesMills-CXWorx Nicole - Studio A	
10:30 AM Les Mills- BodyFlow Deanna - Studio A	9:00 AM (45 min) BODYSHRED Deanna - Court 1	5:30 PM (40 Min) TABATA Gina - Kensington	5:30PM(30Min) Les Mills CXWorx Agnes-Kensington	9:00 AM (45 min) BODYSHRED Deanna - Court 1	9:15 AM Les Mills BodyFlow Deanna - Studio A	
6:15 PM Les Mills BodyPump Nicole - Court 1	9:00 AM Zumba Nicole - Studio B	6:15 PM Les Mills BodyPump Malise Court 1	6:00 PM Les Mills BodyPump Kim S - Studio A	9:15 AM Les Mills BodyCombat Kim - Studio A	9:15 AM Weekend Workout Rima - Kensington	
6:30 PM 40 Min Blast Peggy-Studio B	6:15 PM Spin Dawn - Studio C	6:30 PM 40 Min Blast Peggy- Studio B	6:15 PM (40 min) Mix It Up Sharon - Kensington	6:00PM Les Mills- BodyPump/CX Rotating - Studio A		Interval
7:00 PM Spin Pat. - Studio C	6:15 PM (45 min) Express Kettlebell Sharon - Trackside Rm	7:30 PM Les Mills BodyFlow Malise - Studio A	6:15 PM Spin Dawn - Studio C			Strength
7:30 PM Les Mills BodyFlow Malise - Studio A	6:45 PM BodyCombat Shannon- Studio B		7:15 PM Zumba Edith - Kensington			Core/Abs
8:00 PM Step Susan - Studio B	7:15 PM Pilates Deanna - Studio A		7:15 PM Les Mills BodyFlow Deanna - Studio A			Spin
			7:30PM H.I.I.T. Susan- Studio B			Cardio
						Cardio Strength
						Zumba/Dance

CORE HOURS
 Mon - Thurs 5am - 10pm
 Fri- 5am-8pm
 Sat/Sun 7am - 6pm

Classes with an average attendance of 4 or less are subject to cancellation
 Schedule subject to change without notice