

Group X Fitness Class Schedule ***September 5****

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	8:15 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
9:00 AM Better Bar None Jill - Court 1	9:00 AM Spin Jill-Studio C	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 Pilates Deanna - Studio A	9:15 AM (45 min) CRT Deanna - Court 1	9:15 AM Les Mills BodyFlow Deanna - Studio B	9:00 AM CRT Deanna -Court 1	8:00AM Spin Jill- Studio C	9:15 AM Les Mills BodyFlow Deanna - Studio A	
9:15 AM Les Mills BodyCombat Shannon - Studio B	9:15 AM Zumba Nicole - Studio B	5:30 PM (40 Min) TABATA Gina - Kensington	6:00 PM Les Mills BodyPump Kim S - Studio A	9:00 AM (45 min) BODYSHRED Deanna - Court 1	9:15 AM Weekend Workout Rima - Kensington	
10:30 AM Les Mills- BodyFlow Deanna - Studio A	6:15 PM Spin Dawn - Studio C	6:15 PM Les Mills BodyPump Malise Court 1	6:15 PM (40 min) Mix It Up Sharon - Kensington	9:15 AM Les Mills BodyCombat Kim - Studio A		
6:15 PM Les Mills BodyPump Nicole - Court 1	6:15 PM (45 min) Express Kettlebell Sharon - Trackside Rm	6:30 PM 40 Min Blast Peggy- Studio B	6:15 PM Spin Dawn - Studio C	6:00PM Les Mills- BodyPump Grace - Studio A		Interval
6:30 PM 40 Min Blast Peggy-Studio B	6:45 PM BodyCombat Kim- Studio B	7:30 PM Les Mills BodyFlow Malise - Studio A	7:15 PM Zumba Edith - Kensington			Strength
7:00 PM Spin Pat. - Studio C	7:15 PM Pilates Deanna - Studio A		7:15 PM Les Mills BodyFlow Deanna - Studio A			Core/Abs
7:30 PM Les Mills BodyFlow Malise - Studio A			7:30PM H.I.I.T. Susan- Studio B			Spin
8:00 PM Step Susan - Studio B						Cardio
						Cardio Strength
						Zumba/Dance



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