

# Group X Fitness Class Schedule \*\* November 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 Dawn - Studio A	5:30 AM Yoga Susan - Studio B	8:00 AM Spin Deanna - Studio C	8:00 AM Les Mills BodyFlow Malise/Julie - Studio A
8:00 AM Spin Deanna - Studio C	8:00 AM (45 Min) Tabata Deanna - Court 1	8:00 AM Les Mills BodyFlow Deanna - Studio A	8:00 AM (45 Min) Tabata Deanna - Court 1	8:00 AM Yogalatties Deanna - Studio B	8:00 AM Bootcamp Gina - Court 1	8:00 AM Spin Rotating - Studio C
9:00 AM Better Bar None Jill - Court 1	9:00AM Spin Jill - Studio C	8:00 AM ( 45min) Strength Embrace Jill - Court 1	9:00 AM CRT Deanna - Court 1	8:00AM Spin Jill - Studio C	8:00 AM Weekend Workout Rima - Kensington	9:15 AM Les Mills BodyPump Malise/Julie - Studio A
9:15 AM Pilates Deanna - Studio A	9:00 AM CRT Deanna - Court 1	9:00 AM Les Mills BodyPump Julie - Court 1	6:00 PM Les Mills BodyPump Kim S - Studio A	8:45 AM Les Mills BodyPump Julie - Studio A	8:30 AM CX (30min) Nicole - Studio B	
9:15 AM Les Mills BodyCombat Shannon - Studio B	9:00 AM Zumba Nicole - Studio B	9:00 AM Spin Jill - Studio C	6:15 PM Spin Dawn/Pat - Studio C	9:00 AM (45 min) Power Core Deanna - Court 1	9:15 AM Spin Gina - Studio C	
10:30 AM Les Mills BodyFlow Deanna - Studio A	6:00 PM AXIS Core (30Min) Kim S - Studio A	9:00 AM Zumba Nicole - Studio B	6:15 PM (45 min) Mix It Up Sharon - Kensington	9:15 AM Les Mills BodyCombat Shannon - Studio A	9:15 AM Les Mills BodyFlow Deanna - Studio A	
6:15 PM Les Mills BodyPump Julie - Court 1	6:15 PM Spin Dawn - Studio C	9:15 AM Les Mills BodyFlow Deanna - Studio B	7:15 PM Zumba Colleen - Studio B	6:00 PM Les Mills BodyPump Kim - Studio A	9:15 AM Zumba Nicole - Court 1	
6:30 PM ★ Spin Pat - Studio C	6:15 PM (45 min) Express Kettlebell Sharon - Trackside Rm	5:30 PM (40 Min) TABATA Gina - Kensington	7:15 PM Les Mills BodyFlow Deanna - Studio A			
6:30 PM 40 Min Blast Peggy - Studio B	6:45 PM BodyCombat Kim - Studio B	6:15 PM Les Mills BodyPump Malise - Court 1				
7:30 PM Les Mills BodyFlow Malise - Studio A	7:15 PM Pilates Deanna - Studio A	6:30 PM 40 Min Blast Peggy - Studio B				
	7:30 PM ★ Yoga Tammy - Kensington	7:30 PM Les Mills BodyFlow Malise - Studio A				
						Interval
						Strength
						Core/Abs
						Spin
						Cardio
						Cardio Strength
						Zumba/Dance

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



Indicates New Class or Time Change

Classes with an average attendance of 4 or less are subject to cancellation.  
 Schedule subject to change without notice. 11/2/18

