

Group X Fitness Class Schedule **** Effective September 16*****

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	★ 5:15 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	9:00am Zumba Nicole - Studio B	8:00 AM (45 Min) Tabata Deanna - Court 1	8:00AM Yogalatties Deanna - Studio B	8:00 AM Bootcamp Gina - Court 1	8:00 AM Spin Kayla - Studio C
9:00 AM Better Bar None Jill - Court 1	★ 8:15 AM CX (30min) Nicole - Studio B	8:00 AM Les Mills BodyFlow Deanna - Studio A	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	9:00AM Spin Jill - Studio C	8:00AM (45min) Strength Embrace Jill - Court 1	6:15 PM Spin Dawn/Jennifer - Studio C	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	9:00AM CRT Deanna - Court 1	9:00 AM Les Mills BodyPump Julie - Court 1	★ 6:00 PM Mix It Up Sharon - Studio A	9:15 AM (45 min) Power Core Deanna - Court 1	9:15 AM Spin Gina - Studio C	
★ 10:30 AM Les Mills- BodyFlow Deanna - Studio A	9:00AM Zumba Nicole - Studio B	9:00 AM Spin Jill - Studio C	6:15 PM CX (30min) Nicole - Studio B	9:15 AM Les Mills BodyCombat Shannon - Studio B	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	7:00 PM Zumba Nicole - Studio B	★ 10:30 AM Tai Chi Joe - Studio B	9:15 AM Zumba Nicole - Court 1	
★ 6:15 PM Spin Dawn/Malise - Studio C	★ 6:15 PM (45 min) Express Kettlebell Sharon - Kensington	5:30 PM (40 Min) TABATA Gina - Kensington	7:15 PM Les Mills BodyFlow Deanna - Studio A	★ 6:00 PM Les Mills BodyPump Jen - Studio A		Interval
6:30 PM 40 Min Blast Peggy - Studio B	★ 6:15PM Bokwa Jen - Studio B	6:15 PM Les Mills BodyPump Malise/Jen - Court 1				Strength
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				Core/Abs
	7:30 PM Yoga Tammy - Kensington	★ 7:30 PM Les Mills BodyFlow Malise/Jen - Studio A				Spin

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Indicates New Class or Time Change

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

Interval
Strength
Core/Abs
Spin
Cardio
Cardio Strength
Zumba/Dance
BodyFlow/Yoga

Classes with an average attendance of 4 or less are subject to cancellation.
 Schedule subject to change without notice. 9/10/19