



Group Fitness Schedule

Effective November 1st, 2023

TIME CLASS INSTRUCTOR / STUDIO

Monday

6:00 - 6:50 am	HIT Cycle	Rico B. C
6:00 - 7:00 am	Yoga (Multi-Level)	Lily C. 1
9:30 - 10:30 am	BURN.....	Julie S. C
10:30 - 11:00 am	Les Mills CORE	Amy S. 2
12:00 - 12:45 pm	Tread & Shred	Nichole B. CF
12:00 - 1:00 pm	Yoga (Multi-Level)	Laura D. 1
5:30 - 6:30 pm	BODYPUMP	Joey H. 2
5:30 - 6:20 pm	HIT Cycle	Peter M. C
6:30 - 7:00 pm	HIT Cycle Express.....	Peter M. C
6:30 - 7:45 pm	Vinyasa Flow Yoga	Kali O. 1
6:45 - 7:15 pm	Les mills CORE.....	Nicholas L. 2

Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C. 2
6:00 - 7:00 am	BURN.....	Stephanie B.J. C
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 - 10:00 am	Yoga Sculpt	Therese C. 1
10:00 - 10:45 am	HIIT + Hard Core.....	Amy S. 2
12:00 - 12:30 pm	Les Mills CORE.....	Amy S. 2
5:00 - 5:45 pm	BODYPUMP Express.....	Erika S. 2
6:00 - 6:50 pm	HIT Cycle	Katie D. C
6:30 - 7:30 pm	Boxing Challenge	Tony H. 2
6:30 - 7:30 pm	Vinyasa Flow Yoga	Mary H. 1

Wednesday

6:00 - 6:50 am	HIT Cycle	Stephanie B.J. C
6:00 - 7:00 am	Sports Training.....	Julie S. 2
9:00 - 10:00 am	Stretch	Steve W. 1
9:30 - 10:30 am	BURN.....	Julie S. C
12:00 - 1:00 pm	Ballet Burn	Alberto A. 2
12:00 - 12:45 pm	Tread & Shred	Julie S. CF
5:00 - 6:00 pm	BODYPUMP	Katie D. 2
5:00 - 6:00 pm	BURN.....	Kate M. C
5:00 - 6:00 pm	Yoga (Multi-Level)	Erica M. 1
6:00 - 6:30 pm	HIIT	Katie D. 2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M. 1
6:30 - 7:20 pm	HIT Cycle	Andrew L. C
7:00 - 8:00 pm	Zumba	Ramon M. 2

TIME CLASS INSTRUCTOR /

Thursday

6:00 - 7:00 am	BODYPUMP	John N. 2
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 - 9:30 am	Abs & Arms.....	Katie D. 2
9:30 - 10:15 am	Total Body Training.....	Katie D. 2
12:00 - 12:45 pm	Tread & Shred	Nichole B. CF
4:30 - 5:30 pm	BURN.....	Stephanie B.J. C
5:30 - 6:30 pm	Aqua Movement	Stephanie H. P
5:30 - 6:20 pm	HIT Cycle	Peter M. C
5:30 - 6:30 pm	BODYPUMP	Stephanie B.J. 2
6:00 - 7:00 pm	Pilates Mat	Kurt M. 1

Friday

6:00 - 6:50 am	HIT Cycle	Julie S. C
6:00 - 7:00 am	Yoga (Multi - Level)	Chad L. 1
8:00 - 9:00 am	Pilates Mat	Therese C. 1
9:00 - 9:45 am	Ballet Burn	Therese C. 2
10:00 - 10:45 am	HIIT + Hardcore	Katie D. 2
10:00 - 11:00 am	Stretch	Steve W. 1
11:00 - 12:00 pm	Aqua Movement	Steve W. P
12:00 - 1:00 pm	BODYPUMP	Amy S. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M. 1

Saturday

8:00 - 9:00 am	BODYPUMP	Nicholas L. 2
9:00 - 9:50 am	HIT Cycle	Erica S. C
9:15 - 9:45 am	Les Mills CORE.....	Nicholas L. 2
9:30 - 10:30 am	Pilates Mat	Penny S. 1
10:30 - 11:30 am	Hip Hop/Funk	Viola E. 2
10:30 - 11:30 am	BURN.....	Andrew L. C
11:00 - 12:00 pm	Vinyasa Flow Yoga	Michelle W. 1

Sunday

8:00 - 8:45 am	BODYPUMP Express.....	Rico B. 2
9:00 - 10:00 am	Sports Training.....	Julie S. 2
9:15 - 9:45 am	Les Mills CORE.....	Nicholas L. 2
10:00 - 11:00 am	Aqua TBT.....	Stephanie H. P
10:15 - 11:15 am	BODYPUMP	Jennifer T. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Mary H 1
11:30 - 12:00 pm	Les Mills CORE	Jennifer T. 2