



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
9:15 - 10:15 am	Ballet Burn	Raquel F. 1
9:30 - 10:20 am	HIT Cycle	Paul R. C
10:30 - 11:30 am	Yoga (Multi-Level)	Erica M. 2
11:45 - 12:45 pm	Vinaysa Flow Yoga.....	Erica M. 2
12:00 - 1:00 pm	Aqua TBT.....	Lisa H. P
5:00 - 6:00 pm	Pilates Mat	Hayley R. 2
5:30 - 6:30 pm	BODYPUMP	Nikki S. 1
6:00 - 6:30 pm	SPRINT	Jason P. C
6:45 - 7:15 pm	Les Mills CORE.....	Jason P. 1

Tuesday		
6:00 - 7:00 am	BODYPUMP	Jamey D. 1
7:15 - 7:45 am	SPRINT	Jamey D. C
8:30 - 9:15 am	BODYATTACK.....	Nikki S. 1
9:30 - 10:30 am	Studio Strength	Lisa H. 1
10:30 - 11:30 am	Yoga Sculpt	Raquel F. 2
12:00 - 12:50 pm	HIT Cycle	Raquel F. C
12:00 - 1:00 pm	Ashtanga Power Yoga	Mary K. 2
5:30 - 6:30 pm	Yoga (Multi-Level)	Kathleen M. 2
5:45 - 6:30pm	BODYCOMBAT Express	Jojo Y. 1
6:00 - 6:45 pm	Aqua Zumba	Ramon M. P
6:00 - 6:50 pm	HIT Cycle	Rico B. C
6:45 - 7:45 pm	BODYPUMP	KB 1

Wednesday		
6:00 - 6:50 am	HIT Cycle	Stef B. C
8:15 - 9:00 am	BODYPUMP Express	Nikki S. 1
9:15 - 9:45 am	SPRINT	Nikki S. C
12:00 - 1:00 pm	Aqua TBT.....	Lisa H. P
12:00 - 1:00 pm	Yoga (Multi-Level)	Kali O. 2
5:00 - 5:45 pm	BODYPUMP Express	Jennifer T. 1
5:00 - 6:00 pm	Pilates Mat	Hayley R. 2
6:00 - 6:30 pm	Les Mills CORE	Jennifer T. 1
6:15 - 7:30 pm	Yoga (Multi-Level)	Kali O. 2

Thursday		
6:00 - 7:00 am	Total Body Training.....	Stephanie B.J. 1

Thursday continued...		
9:30 - 10:00 am	SPRINT	Jennifer T. C
10:15 - 10:45 am	Les Mills CORE	Jennifer T. 1
10:30 - 11:30 am	Yoga (Multi-Level)	Erica M. 2
12:00 - 1:30 pm	Vinyasa Flow Yoga.....	Erica M. 2
5:30 - 6:30 pm	Studio Strength	Lisa H. 1
6:00 - 6:50 pm	HIT Cycle	Jen P. C
6:00 - 7:15 pm	Yoga (Multi-Level)	Mary K. 2
6:45 - 7:45 pm	Boxing Challenge	AC 1

Friday		
6:00 - 6:50 am	HIT Cycle	Stephanie B.J. C
9:00 - 10:00 am	Yoga (Multi-Level)	Kali O. 2
9:30 - 10:20 am	HIT Cycle	Jennifer T. C
10:00 - 11:00 am	Aqua TBT.....	Lisa H. P
10:30 - 11:30 am	BODYPUMP	Jennifer T. 1
11:45 - 12:30 pm	BODYBALANCE Express	Nikki S. 2
5:00 - 5:30 pm	HIIT	Lisa H. 1
5:45 - 6:30 pm	Hard Core	Lisa H 1

Saturday		
8:15 - 9:15 am	Boxing Challenge	Sam F. 1
8:15 - 9:15 am	BODYBALANCE.....	Nikki S. 2
9:00 - 9:50 am	HIT Cycle	Amelia L. C
9:30 - 10:00 am	GRIT Strength	Jojo Y. 1
10:00 - 11:00 am	Yoga (Multi-Level)	Ken C. 2
10:15 - 11:15 am	BODYJAM	Nikki S. 1
11:15 - 12:15 pm	Vinyasa Flow Yoga.....	Ken C. 2
11:30 - 12:30 pm	BODYPUMP	Jamey D. 1
12:00 - 1:00 pm	Aqua Movement	Stephanie H. P

Sunday		
8:30 - 9:15 am	BODYPUMP Express	Laura B. 1
9:30 - 10:30 am	BODYPUMP	Leslie B. 1
10:45 - 11:45 am	BODYCOMBAT.....	Leslie B. 1
12:00 - 1:00 pm	Yoga (Multi-Level)	Ken C. 2
1:00 - 1:50 pm	HIT Cycle	Stephanie H. C
3:00 - 4:30 pm	Yin Yoga.....	Ken C. 2