

GROUP Fitness Schedule



September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 60 6:15 -7:15 am Timeka	Rip N' Ride 6:15 -7:15 am Anthony	Boot Camp 6:15 – 7:15 am Tim	Cycle 60 6:15 -7:15 am Anthony	Zumba 6:15 – 7:15 am Lupe	
Subtle Yoga 10:30 -11:00 am Kathy (30 minutes)		Subtle Yoga 10:30 – 11:00 am Kathy (30 minutes)		Free Play Ping Pong 10:30 – 11:30 am	Body Sculpt 9:15 – 10 am Jenn
Band It 11:00 -11:30 am Kathy (30 minutes)		Band It 11:00 -11:30 am Kathy (30 minutes)			Barre 10:05-11am Maya
Kickbox Fusion 11:45 -12:30 pm Robert	Pump & Run 12:00 -1:00 pm Robert	Butts N' Guts 11: 45 - 12:15 pm Robert (30 minutes)	Boot Camp 12:00 - 12:45 pm Jordan	HIIT 11:45 - 12:15 pm Courtney (30 minutes)	Zumba 11:05 – 12 pm Lupe
Express Core 12:30 -12:50 pm Courtney (20 minutes)	Yoga 12:15 – 1:15pm Claire	20/20/20 12:30 - 1:30 pm Courtney	Dance N Stretch 1:00-1:45pm Tanya	Zumba 12:20 - 1:15 pm Tanya	
Rip N' Ride 5:00 -6:00 pm Anthony	Body Sculpt 4:30 – 5:20 pm Courtney		Power Pilates 4:30 – 5:20 pm Margo		
Boot Camp 6:05 – 7:05 pm Courtney	Cycle 60 5:25 – 6:25 pm Kathy	Shred 5:00 - 6:00 pm Jenn	Cycle 60 5:25- 6:25 pm Margo	Pump & Run 4:30 -5:30 pm Jenn	
	Butts N' Guts 6:30 – 7:15 pm Courtney	Zumba 6:30 -7:30 pm Tanya	Yoga 6:30 – 7:30 pm Michael		

Staff instructors
rotate weekly

