





































SUMMER 2017 SESSION 1 June 1st - July 6th

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Legend
 8:00 - 8:45am Cycling Studio 7	 8:00 - 8:45am Cycling Studio 7	 8:00 - 8:45am Cycling Studio 7	 8:00 - 9:00am Sunrise Yoga Studio 11	 STRENGTH
 8:00 - 9:00am Sunrise Yoga Studio 11	 9:00 - 10:00am Beginner Yoga Studio 11	 8:00 - 9:00am Sunrise Yoga Studio 11	 9:00-9:45am Cycling Studio 7	 CYCLING
 5:00 - 6:00pm Beginner Yoga Studio 11	 10:15 - 10:45am Buns & Guns Studio 11	 5:00 - 6:00pm Beginner Yoga Studio 11	 10:00-10:30am Killer Core Studio 11	 CORE
 6:00 - 6:45pm Cycling Studio 7	 1:00 - 1:45pm Cycling Studio 7	 6:00 - 6:45pm Cycling Studio 7	 1:00 - 1:45pm Cycling Studio 7	 HIGH INTENSITY
 6:15 - 6:45pm TRX Track Level	 2:00 - 2:30pm Killer Core Studio 11	 6:15 - 6:45pm TRX Track Level	 2:00 - 2:30pm Killer Core Studio 11	 MIND & BODY
 7:00 - 8:00pm Zumba Studio 11	 5:00 - 5:45pm Tabata Studio 9	 7:00 - 8:00pm Zumba Studio 11	 5:00 - 5:45pm Tabata Studio 9	 ZUMBA/ HIP-HOP
	 6:15 - 6:45pm TRX Track Level		 6:15 - 6:45pm TRX Track Level	
	 7:00 - 7:30pm Killer Core Studio 9		 7:00 - 7:30pm Killer Core Studio 9	
	 7:00 - 8:00pm Zumba Studio 11		 7:00 - 8:00pm Zumba Studio 11	