
































SUMMER 2017 SESSION 2 July 10th - August 11th

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Legend
 9:00 - 10:00am Pilates Studio 11	 8:00 - 8:45am Cycling Studio 7	 9:00 - 10:00am Pilates Studio 11	 8:00 - 8:45am Cycling Studio 7	Legend  STRENGTH  CYCLING  CORE  HIGH INTENSITY  MIND & BODY  ZUMBA/HIP-HOP
 10:15 - 10:45am Killer Core Studio 11	 4:15 - 4:45pm TRX Track Level	 10:15 - 10:45am Killer Core Studio 11	 5:00 - 5:45pm Tabata Studio 9	
 1:00 - 1:45pm Cycling Studio 7	 5:00 - 5:45pm Tabata Studio 9	 4:15 - 4:45pm TRX Track Level	 5:00 - 6:00pm Yoga Studio 11	
 5:00 - 6:00pm Yoga Studio 11	 5:00 - 6:00pm Beginner Yoga Studio 11	 5:00 - 6:00pm Beginner Yoga Studio 11	 6:15 - 6:45pm Killer Core Studio 11	
 6:00 - 6:45pm Cycling Studio 7	 6:15 - 6:45pm Killer Core Studio 11	 6:00 - 6:45pm Cycling Studio 7	 7:00 - 8:00pm Zumba Studio 11	
 6:15 - 6:45pm TRX Track Level	 7:00 - 8:00pm Zumba Studio 11	 6:15 - 6:45pm TRX Track Level		
 7:00 - 8:00pm Zumba Studio 11		 7:00 - 8:00pm Zumba Studio 11		