



















SESSION 2
March 1st -
April 27th























GROUP FITNESS













SPRING 2018

Monday	
	8:00 - 8:45am Cycling Studio 7
	8:00 - 8:45am TRX Track Level
	8:00 - 9:00am Sunrise Yoga Studio 11
	3:15 - 3:45pm Killer Core Studio 9
	3:30 - 4:30pm Pilates Studio 11
	4:00 - 4:45pm Tabata Studio 9
	4:15 - 5:00pm Cycling Studio 7
	4:45 - 5:45pm Salutation Yoga Studio 11
	5:15 - 5:45pm Killer Core Studio 9
	5:15 - 5:45pm TRX Track Level
	6:00 - 6:45pm Cycling Studio 7
	6:00 - 6:45pm Tabata Studio 9
	6:00 - 7:00pm Barre Studio 11
	6:45 - 7:15pm TRX Track Level
	7:00 - 7:30pm Buns & Guns Studio 9
	7:15 - 8:15pm Zumba Studio 11
	7:30 - 8:00pm Quick Cycle Studio 7
	7:45 - 8:45pm Salutation Yoga Studio 9
	8:30 - 9:00pm Killer Core Studio 11

Tuesday	
	8:00 - 8:45am Cycling Studio 7
	8:00 - 9:00am Sunrise Yoga Studio 11
	1:15 - 2:00pm Cycling Studio 7
	2:00 - 3:00pm Dance Blast Studio 11
	2:15 - 2:45pm Barre & Buns Studio 9
	3:00 - 4:00pm Strength Circuit Studio 9
	3:30 - 4:30pm Barre Studio 11
	4:15 - 5:00pm Cycling Studio 7
	4:15 - 5:00pm Tabata Studio 9
	5:15 - 5:45pm Killer Core Studio 9
	5:15 - 6:15pm Salutation Yoga Studio 11
	6:00 - 6:45pm Cycling Studio 7
	6:00 - 6:45pm Boot Camp Studio 9
	6:30 - 7:00pm Barre & Buns Studio 11
	6:30 - 7:00pm TRX Track Level
	7:00 - 7:30pm Meditation Yoga Studio 9
	7:15 - 8:15pm Zumba Studio 11
	8:00 - 8:45pm Cycling Studio 7

Wednesday	
	8:00 - 8:45am Cycling Studio 7
	8:00 - 9:00am Sunrise Yoga Studio 11
	9:00 - 9:30am Killer Core Studio 9
	3:15 - 3:45pm Killer Core Studio 9
	3:45 - 4:45pm Pilates Studio 11
	4:00 - 4:45pm Tabata Studio 9
	5:00 - 5:30pm Barre & Buns Studio 11
	5:15 - 5:45pm TRX Track Level
	5:15 - 5:45pm Killer Core Studio 9
	5:45 - 6:45pm Salutation Yoga Studio 11
	6:00 - 6:45pm Cycling Studio 7
	6:00 - 6:45pm Boot Camp Studio 9
	7:00 - 7:30pm Quick Cycle Studio 7
	7:00 - 8:00pm Zumba Studio 11
	7:15 - 7:45pm Buns & Guns Studio 9
	7:45 - 8:15pm TRX Track Level
	8:00 - 8:45pm Cycling Studio 7
	8:00 - 9:00pm Salutation Yoga Studio 9
	8:15 - 8:45pm Killer Core Studio 11

Thursday	
	8:00 - 8:45am Cycling Studio 7
	8:00 - 9:00am Sunrise Yoga Studio 11
	11:00 - 11:45am TRX Track Level
	1:15 - 2:00pm Cycling Studio 7
	2:15 - 2:45pm Barre & Buns Studio 9
	2:30 - 3:30pm Pilates Studio 11
	3:45 - 4:30pm TRX Track Level
	3:45 - 4:45pm Dance Blast Studio 11
	4:00 - 4:45pm Cycling Studio 7
	4:15 - 4:45pm Barre & Buns Studio 9
	5:00 - 5:30pm Killer Core Studio 9
	5:00 - 5:45pm Cycling Studio 7
	5:00 - 5:45pm Barre Studio 11
	6:00 - 6:30pm Buns & Guns Studio 11
	6:00 - 6:30pm Quick Cycle Studio 7
	6:00 - 6:45pm Strength Circuit Studio 9
	6:15 - 6:45pm TRX Track Level
	7:00 - 7:30pm Buns & Guns Studio 9
	7:00 - 7:45pm Tabata Studio 11
	7:45 - 8:45pm Zumba Studio 9
	8:00 - 8:45pm Cycling Studio 7
	8:00 - 9:00pm Salutation Yoga Studio 11

Friday	
	8:00 - 8:45am Cycling Studio 7
	8:00 - 8:45am TRX Track Level
	11:00 - 12:00pm Meditation Yoga Studio 11
	12:00 - 12:45pm TRX Track Level
	1:00 - 1:30pm Quick Cycle Studio 7
	3:00 - 4:00pm Barre Studio 11
	4:00 - 4:45pm TRX Track Level
	4:30 - 5:30pm Salutation Yoga Studio 9
	5:00 - 6:00pm Boot Camp Studio 11
	6:00 - 6:45pm Cycling Studio 7
	6:15 - 6:45pm Barre & Buns Studio 9
	6:15 - 7:15pm Dance Blast Studio 11

Sunday	
	12:30 - 1:30pm Beginner Yoga Studio 11
	1:45 - 2:15pm Quick Cycle Studio 7
	2:15 - 2:45pm Barre & Buns Studio 11
	2:30 - 3:15pm Tabata Studio 9
	3:00 - 4:00pm Dance Blast Studio 11
	4:00 - 4:45pm Cycling Studio 7
	4:00 - 5:00pm Zumba Studio 9
	5:00 - 6:00pm Pilates Studio 11
	6:00 - 7:00pm Salutation Yoga Studio 9
	6:15 - 6:45pm Barre & Buns Studio 11
	6:45 - 7:15pm TRX Track Level
	7:00 - 8:00pm Zumba Studio 11
	7:15 - 7:45pm Killer Core Studio 9
	7:30 - 8:15pm Cycling Studio 7

LEGEND

		
CORE	STRENGTH	CYCLING
		
MIND & BODY	HIGH INTENSITY	ZUMBA/HIP-HOP