



















Fall 2018 *GROUP FITNESS*


SESSION 1

AUG. 22ND - OCT. 12TH

















MONDAY

 8:00 - 8:45am Circuit Training Studio 9
 9:00 - 9:45am TRX Track Level
 1:30 - 2:30pm Hatha Yoga Studio 11
 2:45 - 3:15pm Killer Core Studio 9
 3:30 - 4:30pm Pilates Studio 11
 4:15 - 4:45pm Quick Cycle Studio 7
 5:00 - 6:00pm Salutation Yoga Studio 11
 5:15 - 5:45pm Killer Core Studio 9
 5:15 - 5:45pm TRX Track Level
 5:15 - 6:00pm Cycling Studio 7
 6:00 - 6:45pm Tabata Studio 9
 6:15 - 7:15pm Barre Studio 11
 6:30 - 7:00pm TRX Track Level
 7:00 - 7:30pm Buns & Guns Studio 9
 7:15 - 7:45pm Quick Cycle Studio 7
 7:30 - 8:30pm Zumba Studio 11
 7:45 - 8:45pm Salutation Yoga Studio 9
 8:45 - 9:15pm 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
 2:15 - 2:45pm Ball Like A Vol Studio 9
 3:00 - 3:30pm Barre & Buns Studio 9
 4:00 - 4:45pm Battle Rope Blast Studio 11
 4:30 - 5:15pm Tabata Studio 9
 5:30 - 6:00pm Killer Core Studio 9
 5:15 - 6:15pm Salutation Yoga Studio 11
 6:00 - 6:45pm Cycling Studio 7
 6:15 - 7:00pm Boot Camp Studio 9
 6:30 - 7:00pm Barre & Buns Studio 11
 7:15 - 7:45pm Killer Core Studio 9
 7:15 - 7:45pm TRX Track Level
 8:00 - 8:45pm Cycling Studio 7
 8:00 - 9:00pm Beginner Yoga Studio 9












WEDNESDAY

 8:00 - 8:45am Circuit Training Studio 9
 9:00 - 9:45am TRX Track Level
 1:30 - 2:30pm Hatha Yoga Studio 11
 2:00 - 2:45pm Tabata Studio 9
 3:00 - 3:45pm Strength Circuit Studio 9
 3:45 - 4:45pm Pilates Studio 11
 4:15 - 5:00pm TRX Track Level
 5:15 - 5:45pm Buns & Guns Studio 9
 5:45 - 6:45pm Beginner 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 Barre & Buns Studio 9
 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
 1:15 - 2:00pm Cycling Studio 7
 2:15 - 2:45pm Ball Like A Vol Studio 9
 2:30 - 3:30pm Pilates Studio 11
 3:45 - 4:15pm Barre & Buns Studio 9
 5:00 - 5:45pm Tabata Studio 11
 5:00 - 5:30pm Killer Core Studio 9
 5:45 - 6:45pm Zumba Studio 9
 6:00 - 6:30pm Buns & Guns Studio 11
 6:00 - 6:30pm Quick Cycle Studio 7
 6:15 - 6:45pm TRX Track Level
 7:00 - 7:30pm Buns & Guns Studio 9
 7:00 - 7:45pm Battle Rope Blast Studio 11
 7:45 - 8:45pm Dance Blast Studio 9
 8:00 - 8:45pm Cycling Studio 7
 8:00 - 9:00pm Salutation Yoga Studio 11

FRIDAY

 8:00 - 8:45am Circuit Training Studio 9
 9:00 - 9:45am TRX Track Level
 10:15 - 11:15am Meditation Yoga Studio 11
 12:00 - 12:45pm TRX Track Level
 1:15 - 2:00pm Barre Studio 11
 2:30 - 3:00pm Killer Core Studio 9
 4:00 - 4:45pm TRX Track Level
 4:30 - 5:30pm Salutation Yoga Studio 9
 5:00 - 5:45pm Tabata Studio 11
 6:00 - 6:45pm Cycling Studio 7
 6:00 - 6:30pm Barre & Buns Studio 9

SUNDAY

 12:30 - 1:30pm Boot Camp Studio 11
 2:15 - 2:45pm Barre & Buns Studio 11
 2:30 - 3:15pm Tabata Studio 9
 3:30 - 4:00pm Killer Core Studio 9
 3:00 - 4:00pm Beginner Yoga Studio 11
 4:00 - 4:45pm Cycling Studio 7
 5:45 - 6:45pm 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
 7:30 - 8:15pm Cycling Studio 7
 8:15 - 8:45pm Killer Core Studio 11

Legend

