Fall 2018 GROUP FITNESS

SESSION 2 OCT. 15TH - DEC. 4TH

TUESDAY WEDNESDAY THURSDAY SUNDAY **MONDAY FRIDAY**

1:30 - 2:30pm Hatha Yoga Studio 11

2:45 - 3:15pm Killer Core Studio 11

3:30 - 4:30pm Pilates Studio 11

4:00 - 4:30pm Quick Cycle Studio 7

4:45 - 5:45pm Salutation Yoga Studio 11

5:15 - 5:45pm Killer Core Studio 9

5:15 - 6:00pm Cycling Studio 7

6:00 - 6:45pm Tabata Studio 9

7:15 - 7:45pm Quick Cycle Studio 7

8:00 - 9:00pm Salutation Yoga Studio 9

8:45 - 9:15pm Killer Core Studio 11



8:00 - 9:00am Sunrise Yoga Studio 11

2:15 - 2:45pm Ball Like A Vol Studio 9

4:00 - 4:45pm Battle Rope Blast Studio 11

4:45 - 5:30pm Tabata Studio 9

5:45 - 6:15pm Killer Core Studio 9

6:00 - 6:45pm OC Cycling Studio 7

7:30 - 8:00pm Studio 9

8:00 - 8:45pm OC Cyclina Studio 7

8:00 - 9:00pm Beginner Yoga Studio 11



1:30 - 2:30pm Hatha Yoga Studio 11

2:00 - 2:45pm Tabata Studio 9

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3:45 - 4:45pm Pilates 么心 Studio 11

5:45 - 6:45pm Beginner Yoga Studio 11

6:00 - 6:45pm Cycling Studio 7

7:00 - 7:30pm 00 Quick Cycle Studio 7

Salutation Yoga Studio 9

8:15 - 8:45pm Killer Core Studio 11



8:00 - 9:00am Sunrise Yoga Studio 11

2:15 - 2:45pm Ball Like A Vol Studio 9

2:30 - 3:30pm Pilates Studio 11

5:00 - 5:45pm Studio 11

5:00 - 5:30pm Killer Core Studio 9

6:00 - 6:30pm S Quick Cycle Studio 7

6:45 - 7:30pm Battle Rope Blast Studio 11

Salutation Yoga Studio 9

8:15 - 9:00pm S Cycling Studio 7



10:00 - 11:00pm Pilates Studio 11

2:15 - 2:45pm Killer Core Studio 11

4:15 - 5:15pm Salutation Yoga Studio 9

5:00 - 5:45pm Tabata Studio 11

6:00 - 6:45pm Cycling Studio 7



2:30 - 3:15pm Tabata Studio 9



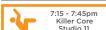














Legend



INTENSITY











BODY



7UMBA/ HIP-HOP



