

SPRING 2019

GROUP FITNESS

SESSION 1

JAN 9th - FEB 27th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00 - 9:00am Sunrise Yoga Studio 11	8:00 - 8:45am Morning Ride Studio 7	8:00 - 9:00am Sunrise Yoga Studio 11	8:00 - 8:45am Morning Ride Studio 7	8:00 - 9:00am Sunrise Yoga Studio 11	1:00 - 2:00pm Boot Camp Studio 11
8:15 - 9:00am Morning Ride Studio 7	9:30 - 10:30am Meditation Yoga Studio 11	8:30 - 9:15am Morning Ride Studio 7	9:30 - 10:30am Meditation Yoga Studio 11	8:15 - 9:00am Morning Ride Studio 7	2:15 - 2:45pm Barre & Buns Studio 11
11:00 - 11:45pm Circuit Training Studio 11	10:45 - 11:30pm Barre Studio 11	11:00 - 11:45pm Circuit Training Studio 11	10:45 - 11:30am Barre Studio 11	10:00 - 11:00pm Barre Studio 11	2:30 - 3:15pm Tabata Studio 9
12:00 - 12:30pm Squat & Sculpt Studio 11	12:00 - 12:30pm Bootcamp Studio 9	12:00 - 12:30pm Squat & Sculpt Studio 11	12:00 - 1:00pm Bootcamp Studio 11	11:15 - 12:15pm Salutation Yoga Studio 11	3:00 - 4:00pm Vinyasa Yoga Studio 11
1:00 - 2:00pm Hatha Yoga Studio 11	1:00 - 2:00pm Afternoon Asana Studio 11	1:00 - 1:30pm TRX Track Level	1:30 - 2:00pm Barre & Buns Studio 9	12:30 - 1:00pm Squat & Sculpt Studio 11	3:30 - 4:00pm Killer Core Studio 9
2:15 - 2:45pm Barre & Buns Studio 9	2:15 - 2:45pm Barre & Buns Studio 11	1:00 - 2:00pm Hatha Yoga Studio 11	2:15 - 2:45pm Ball Like A Vol Studio 9	1:15 - 2:00pm Barre Studio 11	4:15 - 5:00pm Tabata Studio 11
2:30 - 3:15pm Battle Rope Blast Studio 11	3:30 - 4:00pm Ball Like A Vol Studio 9	2:00 - 2:45pm Tabata Studio 9	2:45 - 3:45pm Afternoon Asana Studio 11	4:00 - 4:45pm Tabata Studio 11	5:00 - 5:45pm Circuit Training Studio 9
3:00 - 3:30pm Killer Core Studio 9	3:45 - 4:15pm Barre & Buns Studio 11	3:00 - 3:30pm Killer Core Studio 9	4:15 - 4:45pm Buns & Guns Studio 9	4:30 - 5:00pm Cycle Shred Studio 7	5:30 - 6:30pm Zumba Studio 11
3:00 - 4:00pm TRX Yoga Track Level	4:15 - 4:45pm Buns & Guns Studio 9	3:30 - 4:15pm TRX Track Level	5:00 - 5:45pm Tabata Studio 11	5:00 - 6:00pm Zumba Studio 11	6:00 - 6:45pm Beginner Yoga Track Level
3:45 - 4:15pm Squat & Sculpt Studio 11	4:30 - 5:00pm TRX Track Level	3:45 - 4:15pm Buns & Guns Studio 9	5:00 - 5:45pm Flex & Stretch Studio 9	6:00 - 6:45pm Cycle Express Studio 7	6:45 - 7:15pm Killer Core Studio 11
3:45 - 4:15pm Cycle Shred Studio 7	5:00 - 5:45pm Battle Rope Blast Studio 11	4:00 - 4:30pm Cycle Shred Studio 7	5:00 - 5:45pm Flex & Stretch Studio 9	6:15 - 7:15pm Cardio Dance Party Studio 11	7:00 - 7:45pm Barre Studio 9
4:30 - 5:00pm TRX Track Level	5:45 - 6:15pm TRX Track Level	4:00 - 5:00pm Beginner Yoga Studio 11	5:15 - 5:45pm Cycle Shred Studio 7	6:00 - 7:00pm Zumba Studio 11	
4:30 - 5:30pm Salutation Yoga Studio 11	6:00 - 6:30pm Killer Core Studio 9	4:30 - 5:30pm TRX Yoga Track level	6:00 - 6:30pm Killer Core Studio 9	6:30 - 7:00pm Buns & Guns Studio 9	
4:30 - 5:15pm Cycle Express Studio 7	6:00 - 7:00pm Cardio Dance Party Studio 11	4:45 - 5:15pm Killer Core Studio 9	6:00 - 6:30pm Buns & Guns Studio 11	7:15 - 7:45pm Cycle Express Studio 9	
5:00 - 5:45pm Tabata Studio 9	5:45 - 6:15pm TRX Track Level	5:15 - 5:45pm Buns & Guns Studio 11	6:45 - 7:45pm Cardio Dance Party Studio 11		
5:45 - 6:30pm Barre Studio 11	6:15 - 6:45pm Cycle Shred Studio 7	5:45 - 6:15pm TRX Track Level	7:00 - 7:45pm Barre Studio 9		
6:00 - 6:45pm Strength Circuits Studio 9	6:45 - 7:15pm Squat & Sculpt Studio 9	6:00 - 6:45pm Battle Rope Blast Studio 11	8:00 - 8:30pm Buns & Guns Studio 9		
6:30 - 7:00pm TRX Track Level	7:15 - 8:00pm Circuit Training Studio 11	6:00 - 6:45pm Pilates Studio 9	8:00 - 9:00pm Salutation Yoga Studio 9		
7:15 - 7:45pm Buns & Guns Studio 9	7:30 - 8:00pm Killer Core Studio 9	6:00 - 6:45pm Cycle Express Studio 7	8:15 - 9:00pm Cycle Express Studio 7		
7:15 - 7:45pm Cycle Shred Studio 7	8:15 - 9:00pm Cycle Express Studio 11	7:00 - 7:30pm Cycle Shred Studio 7			
7:30 - 8:30pm Zumba Studio 11	8:15 - 9:00pm Flex & Stretch Studio 11	7:00 - 7:30pm Barre & Buns Studio 9			
8:00 - 9:00pm Salutation Yoga Studio 9		7:15 - 7:45pm Killer Core Studio 11			
		8:00 - 9:00pm Zumba Studio 11			

Legend

EXERCISE BALLS	STRENGTH	CYCLING	CORE
HIGH INTENSITY	MIND & BODY	ROPES	ZUMBA HIP-HOP