

SUMMER 2019

GROUP FITNESS










SESSION 1

MAY 30TH - JULY 3RD










MONDAY

-  7:45 - 8:45am
Sunrise Yoga
Studio 11
Delaney
-  10:00 - 10:45am
Beginner Yoga
Studio 11
Shelby
-  11:00 - 11:30am
Buns & Guns
Studio 11
Shelby
-  2:00 - 2:45pm
Cycle45
Studio 7
Hannah
-  3:00 - 3:30pm
Killer Core
Studio 9
Hannah
-  3:45 - 4:30pm
TRX
Track Level
Hannah
-  5:00 - 5:45pm
Battle Rope Blast
Studio 11
Elizabeth
-  6:00 - 6:45pm
Circuit Training
Studio 11
Elizabeth
-  7:00 - 7:30pm
Squat & Sculpt
Studio 11
Elizabeth









TUESDAY

-  7:45 - 8:45am
Sunrise Yoga
Studio 11
Delaney
-  10:00 - 10:30pm
Squat & Sculpt
Studio 11
Shelby
-  10:45 - 11:30am
Tabata
Studio 11
Shelby
-  2:30 - 3:00pm
Cycle30
Studio 7
Kylie
-  3:15 - 4:00pm
Circuit Training
Studio 11
Kylie
-  4:15 - 4:45pm
Squat & Sculpt
Studio 11
Kylie
-  5:00 - 5:30pm
TRX
Track Level
Elizabeth
-  5:45 - 6:15pm
Buns & Guns
Studio 11
Elizabeth
-  6:30 - 7:15pm
Battle Rope Blast
Studio 11
Elizabeth

WEDNESDAY

-  8:00 - 8:45am
Morning Ride
Studio 7
Kylie
-  10:00 - 10:45am
Beginner Yoga
Studio 11
Shelby
-  11:00 - 11:30pm
Barre & Buns
Studio 11
Shelby
-  2:30 - 3:00pm
Cycle30
Studio 7
Jess
-  3:15 - 4:00pm
Circuit Training
Studio 11
Jess
-  3:00 - 3:45pm
Barre
Studio 11
Hannah
-  4:00 - 4:45pm
Flex & Stretch
Studio 11
Hannah
-  5:00 - 5:45pm
Battle Rope Blast
Studio 11
Hannah
-  7:45 - 8:30pm
Cardio Dance Party
Studio 11
Delaney

THURSDAY

-  7:45 - 8:45am
Sunrise Yoga
Studio 11
Delaney
-  10:00 - 10:30pm
Squat & Sculpt
Studio 11
Shelby
-  10:45 - 11:30am
Tabata
Studio 11
Shelby
-  11:45 - 12:15pm
TRX
Track Level
Jess
-  12:30 - 1:00pm
Buns & Guns
Studio 11
Jess
-  2:30 - 3:15pm
Cycle45
Studio 7
Kylie
-  3:30 - 4:15pm
Circuit Training
Studio 9
Kylie
-  4:30 - 5:00pm
Killer Core
Studio 9
Kylie

FRIDAY

-  2:00 - 3:00pm
Salutation Yoga
Studio 11
Hannah
-  3:15 - 3:45pm
Squat & Sculpt
Studio 11
Hannah
-  4:00 - 4:45pm
Cycle45
Studio 7
Kylie
-  5:00 - 5:45pm
Boot Camp
Studio 11
Kylie
-  5:30 - 6:00pm
Killer Core
Studio 9
Delaney
-  6:15 - 7:00pm
Power Yoga
Studio 11
Delaney

Legend



STRENGTH CYCLING CORE



HIGH INTENSITY MIND & BODY ROPES DANCE