

GROUP EXERCISE SCHEDULE

Schedule Effective: **January 6, 2020**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
6:00 - 6:45AM LEVEL XT <i>Jocie</i>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	6:00 - 6:45AM TONE-IT <i>Jocie</i>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	6:00 - 6:45AM TABATA EXTREME <i>Janet</i>	8:00 - 8:45AM BURN FACTOR <i>Nicole</i>	9:00 - 9:45AM ZUMBA <i>Allison</i>
9:00 - 9:45AM BUTTS & GUTS <i>Jocie</i>	9:15 - 10:00AM BURN FACTOR <i>Nicole</i>	9:00 - 9:55AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 9:55AM BURN FACTOR <i>Monica</i>	8:30 - 9:15am BARRE ▲ <i>Nicole</i>	9:00 - 9:50AM CARDIO KICKBOX <i>Nicole</i>	10:00 - 11:30AM YOGA <i>Nooshen</i>
9:30 - 10:15AM PILATES MAT ▲ <i>Susan</i>	10:05 - 10:55AM CARDIO KICKBOX <i>Nicole</i> <i>(no class on 1/7)</i>	9:30 - 10:30AM CARDIO SCULPT <i>Nicole</i>	10:00 - 10:50AM INTERNATIONAL DANCE <i>Monica</i>	9:20 - 10:15AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 10:30AM YOGA ▲ <i>Julie</i>	
10:20 - 11:05AM FOAM ROLLING ▲ <i>Susan</i>	4:00 - 4:45PM BSAF CARDIO <i>MaryDuke</i>	10:00 - 10:45AM FOAM ROLLING ▲ <i>Kevin</i>	3:00 - 3:45PM WORKOUT 101 <i>Gina</i>	9:30 - 10:15AM LEVEL XT <i>Nicole</i>	10:00 - 11:00AM BODY FLOW <i>Lori</i>	
3:00 - 3:45PM BSAF <i>Mary Duke</i>	6:00 - 7:00PM MOVE & GROOVE <i>Valentina</i>	2:00 - 2:50PM TAI CHI <i>Melissa</i>		10:20 - 11:05AM CARDIO KICK <i>Nicole</i>	11:10AM - 12:00PM TAI CHI <i>Melissa</i>	
4:00 - 4:45PM BSAF <i>Mary Duke</i>	6:30 - 7:15PM ▲ PILATES MAT <i>Susan</i>	4:00 - 4:45PM BSAF <i>Susan</i>		10:30 - 11:10AM FOAM ROLLING ▲ <i>Kevin</i>		
6:15 - 7:00PM LEVEL XT <i>Gina</i>		6:15 - 7:00PM STRENGTH CIRCUIT <i>Gina</i>		3:00 - 3:45PM BSAF <i>Mary Duke</i>		
		6:15 - 7:45PM ▲ YOGA <i>Nooshen</i>		5:45 - 7:15PM CANDLELIGHT YOGA ▲ <i>Julie</i>		