

GROUP EXERCISE SCHEDULE

Schedule Effective: **SEPTEMBER 4th, 2018**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
6:00 - 6:45AM LEVEL XT <i>Jocie</i>	6:00 - 6:55AM BODYFLOW™ ▲ <i>Janet</i>	6:00 - 6:45AM TONE-IT <i>Jocie</i>	8:30 - 10:00AM CORE FLOW YOGA ▲ <i>Julie</i>	6:00 - 6:45AM TABATA EXTREME <i>Janet</i>	8:00 - 8:45AM MET BOOST <i>Nicole</i>	9:00 - 9:45AM ZUMBA <i>Allison</i>
9:00 - 9:45AM BUTTS & GUTS <i>Jocie</i>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	9:00 - 9:55AM BODYFLOW™ ▲ <i>Janet</i>	9:00 - 9:55AM BURN FACTOR <i>Karen</i>	8:30 - 9:15AM CARDIO PILATES <i>Jocie</i>	9:00 - 9:50AM CARDIO KICKBOX <i>Nicole</i>	10:00 - 11:30AM YOGA <i>Nooshen</i>
9:30 - 10:15AM FOAM ROLLING ▲ <i>Susan</i>	8:30 - 9:05AM TABATA EXPRESS <i>Janet</i>	9:45 - 10:30AM CARDIO SCULPT <i>Nicole</i>	10:00 - 11:00AM INTERNATIONAL CARDIO <i>Luis</i>	9:15 - 10:15AM CXWORX/ BODY FLOW™ 30/30 ▲ <i>Janet</i>	9:00 - 10:30AM YOGA ▲ <i>Julie</i>	10:00 - 11:00AM CXWORX/ BODY FLOW™ 30/30 ▲ <i>Lori</i>
10:20 - 11:05AM PILATES MAT ▲ <i>Susan</i>	9:10 - 9:55AM BURN FACTOR <i>Nicole</i>	10:00 - 10:45AM FOAM ROLLING ▲ <i>Kevin</i>	3:00 - 3:45PM WORKOUT 101 <i>Kevin</i>	9:45 - 10:30AM LEVEL XT <i>Nicole</i>	10:00 - 10:55AM BODYFLOW™ <i>Lori</i>	
3:00 - 3:45PM BAL/ STGTH/FLEX <i>Mary Duke</i>	10:00 - 10:45AM CARDIO KICKBOX <i>Nicole</i>	2:00-2:50PM TAI CHI <i>Melissa</i>	6:15 - 7:00PM FOAM ROLLING ▲ <i>Kevin</i>	10:30 - 11:10AM FOAM ROLLING ▲ <i>Kevin</i>	11:10AM - 12:00PM TAI CHI <i>Melissa</i>	
		3:00 - 3:45PM BEG. PILATES <i>Melissa</i>				
4:00- 4:45PM BAL/ STGTH/FLEX <i>Mary Duke</i>	3:00 - 3:45PM WORKOUT 101 <i>Kevin</i>	4:00 - 4:45PM BAL/STGTH/FLEX <i>Mary Duke</i>		3:00 - 3:45PM BAL/STGTH/ FLEX <i>Mary Duke</i>		
6:15 - 7:00PM Level XT <i>Kathy</i>	5:45 - 6:45PM ZUMBA <i>Monica</i>	6:15 - 7:00PM STRENGTH CIRCUIT <i>Kathy</i>		5:45 - 7:00PM YOGA ▲ <i>Julie</i>		
7:00 - 7:30PM CXWORX™ <i>Katherine</i>	6:30 - 7:15PM ▲ MAT PILATES <i>Susan</i>	7:05 - 8:35PM YOGA <i>Nooshen</i>				