GROUP EXERCISE SCHEDULE

Schedule Effective: **JUNE 1st, 2018**

▲ See website and newsletter for special workshops & retreats.

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

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▲ *These classes are held in the **UPSTAIRS** studio*