

GROUP EXERCISE SCHEDULE

Schedule Effective: **February 1, 2020**



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 YOGA ▲ Julie	6:00 - 6:45AM TABATA EXTREME Janet	8:00 - 8:45AM BURN FACTOR 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 Monica	8:30 - 9:15am BARRE ▲ Nicole	9:00 - 9:50AM CARDIO KICKBOX Nicole	10:00 - 11:30AM YOGA Nooshen
9:30 - 10:15AM PILATES MAT ▲ Susan	9:15 - 10:00AM BURN FACTOR Nicole	9:30 - 10:15AM CARDIO SCULPT Nicole	10:00 - 10:50AM INTERNATIONAL DANCE Monica	9:20 - 10:15AM BODYFLOW™ ▲ Janet	9:00 - 10:30AM YOGA ▲ Julie	
10:00 - 10:45AM RISE freedom Monica	10:05 - 10:55AM CARDIO KICKBOX Nicole	10:00 - 10:45AM FOAM ROLLING ▲ Kevin	3:00 - 3:45PM WORKOUT 101 Gina	9:30 - 10:15AM LEVEL XT Nicole	10:00 - 11:00AM BODY FLOW Lori	
10:20 - 11:05AM FOAM ROLLING ▲ Susan	4:00 - 4:45PM BSAF CARDIO MaryDUke	2:00 - 2:50PM TAI CHI Melissa		10:20 - 11:05AM CARDIO KICK Nicole	11:10AM - 12:00PM TAI CHI Melissa	
3:00 - 3:45PM BSAF Mary Duke	6:00 - 7:00PM MOVE & GROOVE Valentina	4:00 - 4:45PM BSAF Susan		10:30 - 11:10AM FOAM ROLLING ▲ Kevin		
4:00 - 4:45PM BSAF Mary Duke	6:30 - 7:15PM ▲ PILATES MAT Susan	6:15 - 7:00PM STRENGTH CIRCUIT Gina		3:00 - 3:45PM BSAF Mary Duke		
6:15 - 7:00PM LEVEL XT Gina		6:15 - 7:45PM ▲ YOGA Nooshen		5:45 - 7:15PM CANDLELIGHT YOGA ▲ Julie		