

# GROUP EXERCISE SCHEDULE

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



See website and newsletter for special workshops & retreats.

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