

SOUND FITNESS GROUP EX SCHEDULE - SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 CYCLE Brooke		8:00- 8:30 GUIDED MEDITATION Mary		
8:30-9:00 CORE Brooke	8:00-9:00 YOGA Sam	8:45-9:45 BODYPUMP Brooke	8:45-9:45 YOGA FLOW Mary	8:30-9:00 CORE Brooke	Sept. 1 @ 9:00AM BodyPump w/Brooke Sept. 8 @ 9:00AM Alignment Yoga w/Tamara Sept. 15 @ 9:00AM PIYO w/Melanie Sept. 22 @ 9:00AM Cycle w/ David Sept. 29 @ 9:00AM LesMills TONE w/Keatha
9:00-9:45 Les Mills TONE Brooke	9:00-10:00 ZUMBA TONING Melanie	9:00-10:00 PIYO LIVE Melanie	9:00-10:00 ZUMBA Melanie	9:10-9:55 LesMills TONE Keatha	
10:00-11:00 YOGA Sam	10:00-11:00 CYCLE David	10:00-11:15 YOGA Sam	10:00-10:45 BARRE Keatha	10:05-11:00 BODYPUMP Brooke	
10:00-11:00 YOGAFLOW Mary			10:00-11:00 CYCLE David	9/21 @ 11:00 am Restorative Yoga	
11:15-12:00 SENIOR STRENGTH & MOTION Mary		2:30-4:00 TAI CHI Jan	11:00-11:45 SENIOR STRENGTH & MOTION Glenn		
	5:30-6:30 ALIGNMENT YOGA Tamara	5:30-6:00 CORE Brooke	5:30-6:30 YOGAFLOW Mary		
6:00-7:00 BODYPUMP Amie	6:15-7:00 9/4 & 9/11 LesMills TONE Keatha 9/18 & 9/25 - Barre	6:00-6:30 HIIT CYCLE Brooke	6:15-7:00 BODYPUMP Amie		
		6:00-7:00 ZUMBA TONING Melanie	9/20 @7:00 pm Restorative Yoga		

HapKiDo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 - 4:30 PeeWee	5:00-6:00 Adult	4:00 -4:30 PeeWee	5:00-6:00 Adult		11:00 HapKiDo 9/15 PROMOTION DAY
4:30-5:30 Youth		4:30-5:30 Youth			

Club Hours:
 Monday-Friday 5:30am - 9:00 pm
 Saturday 8:00 am - 3:00 pm
 Sunday 1:00 - 5:00 pm

Schedule effective 09/01/2018. Classes are subject to change. See our Facebook page for the latest updates. PLEASE ARRIVE 10 min. EARLY FOR BODY PUMP & SR. STRENGTH & MOTION. SIGNUP FOR CYCLE CLASSES BEGIN 24 HOURS IN ADVANCE. Class participants must wear rubber soled athletic shoes in classes except yoga and Piyo. *There is an additional fee for participation in HapKiDo classes.