

GROUP EXERCISE SCHEDULE

Schedule Effective: **March 16th, 2020**



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 - 6:45AM TONE-IT <i>Jocie</i>	8:30 - 10:00AM YOGA ▲ <i>Julie</i>	6:00 - 6:45AM TABATA EXTREME <i>Janet</i>	8:00 - 8:45AM BURN FACTOR <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>Monica</i>		9:00 - 9:50AM CARDIO KICKBOX <i>Nicole</i>	10:00 - 11:30AM YOGA <i>Nooshen</i>
9:30 - 10:15AM PILATES MAT ▲ <i>Susan</i>	9:15 - 10:00AM BURN FACTOR <i>Nicole</i>	9:30 - 10:15AM CARDIO SCULPT <i>Nicole</i>	10:10 - 11:00AM INTERNATIONAL DANCE <i>Monica</i>	9:20 - 10:15AM BODYFLOW™ ▲ <i>Janet</i>		
10:00 - 10:45AM RISE freedom <i>Monica</i>		10:15 - 10:45AM FOAM ROLLING ▲ TBD	3:00 - 3:45PM WORKOUT 101 <i>Gina</i>	9:30 - 10:15AM LEVEL XT <i>Nicole</i>		
	4:00 - 4:45PM BSAF CARDIO MaryDUke	2:00 - 2:50PM TAI CHI Melissa			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 - 11:15AM FOAM ROLLING ▲ TBD		
4:00 - 4:45PM BSAF Mary Duke	6:30 - 7:15PM ▲ PILATES MAT Susan	6:15 - 7:00PM STRENGTH Gina		3:00 - 3:45PM BSAF Mary Duke		
				5:45 - 7:15PM CANDLELIGHT YOGA ▲ Julie		