

GROUP EXERCISE SCHEDULE

Schedule Effective: **OCTOBER 1st, 2019**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
6:00 - 6:45AM LEVEL XT Jocie	6:00 - 7:00AM CX/BODY FLOW ▲ 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-TONE ▲ Jocie	9:00 - 9:50AM CARDIO KICKBOX Nicole	10:00 - 11:30AM YOGA ▲ Nooshen
9:30 - 10:15AM PILATES MAT ▲ Susan	8:30 - 9:05AM TABATA EXPRESS Janet	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	
10:20 - 11:05AM FOAM ROLLING ▲ Susan	9:15 - 10:00AM BURN FACTOR Nicole	10:00 - 10:45AM FOAM ROLLING ▲ Kevin	3:00 - 3:45PM WORKOUT 101 Kevin	9:30 - 10:15AM LEVEL XT Nicole	10:00 - 10:55AM BODY FLOW Lori	
3:00 - 3:45PM BSAF Mary Duke	10:05 - 10:50AM CARDIO KICKBOX Nicole	2:00 - 2:50PM TAI CHI Melissa		10:20 - 11:05AM CARDIO KICKBOX Nicole	11:10AM - 12:00PM TAI CHI Melissa	
4:00 - 4:45PM BSAF Mary Duke	4:00 - 4:45PM WORKOUT 101 MaryDuke	4:00 - 4:45PM BSAF Susan		10:30 - 11:10AM FOAM ROLLING ▲ Kevin		
6:15 - 7:00PM CARDIO SCULPT Gina	6:00 - 7:00PM MOVE & GROOVE Valentina	6:15 - 7:00PM CARDIO SCULPT Gina		3:00 - 3:45PM BSAF Mary Duke		
	6:30 - 7:15PM PILATES MAT ▲ Susan	7:05 - 8:35PM YOGA ▲ Nooshen		5:45 - 7:00PM CANDLELIGHT YOGA ▲ Julie		