










RAC RAYNHAM ATHLETIC CLUB

WINTER GROUP EX SCHEDULE Effective WEDNESDAY, January 2, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45am CYCLING* Stacey	5:45-6:40am Bootcamp Colleen	5:45-6:30am CYCLING* Stacey A.	5:45-6:40am Interval Training Colleen	5:45-6:30am CYCLING* Lori	5:45-6:40am P90X Stacey A.	7:15-8:00am CYCLING* Colleen
8:45-9:30am POUND!* Stacey	8:30-9:15am Aquaerobics Mary Beth	8:30-9:15am Forever FIT Mary Beth	8:30-9:15am Aquaerobics Kerri	8:30-9:15am Forever FIT Mary Beth	8:30-9:15am Aquaerobics Kerri	8:15-9:00am Aquaerobics Mary Beth/Kerri
10:00-10:55 am YOGA Ann Marie	9:15-10:00am CYCLING* Megan	9:15-10:00am CYCLING* Stacey			9:00-9:45am CYCLING* Kellie	8:00-8:55am MUSCLE Mash-up Kellie
11am-1pm OPEN Boxing Pamerson	9:30-10:25am POWER HOUR Kellie	9:30-10:25am PILATES Lori	9:30-10:25am P90X Stacey A.	9:30-10:25am Yoga Flow Nelly	9:30-10:25am Cardio BOOTCAMP Colleen	9:00-9:45am CYCLING Tracey/Lisa
						
						
	5:30-6:25pm BARRE Jen	5:30-6:25pm Totally Fit Diane	5:30-6:25pm Step & Sculpt Jen			
	5:45-6:30pm CYCLING* Lisa	6:00-6:45pm CYCLING* Kim	6:15-7:00pm CYCLING* Stacey	6:00-6:55pm Muscle Mash-up Ashley	5:45-6:30pm CYCLING* Stacey	
	6:30-7:25pm Strength & Sculpt Dawn	6:30-7:25pm YOGA Ann Marie		6:30-7:15pm Bands & Bike* Tracey		
				7:00-8:00pm Open Boxing Pamerson		

Classes marked (*) must be signed up for in advance, *starting @ 8pm the night before*. Classes marked (**BOLD**) denotes a new class, time, or instructor.