

RAC RAYNHAM ATHLETIC CLUB

WINTER GROUP EX SCHEDULE revised Effective MONDAY, May 27th, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:45am CYCLING* Stacey	5:45-6:40am BOOTCAMP Samara	5:45-6:30am CYCLING* Stacey A.	5:45-6:40am INTERVAL TRAINING Samara	5:45-6:30am CYCLING* Lori	5:45-6:40am P90X Stacey A.	7:15-8:00am CYCLING* Stacey
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
11am-1pm OPEN BOXING Pamerson	9:15-10am CYCLING* Megan	9:15-10am CYCLING* Stacey			9:15-10:00am CYCLING* Megan	8:00-8:55am MUSCLE MASH-UP Dawn
	9:30-10:25am POWER HOUR Rachel	9:30-10:25am PILATES Lori	9:30-10:25am P90X Stacey A.	9:30-10:25am YOGA FLOW Nelly	9:30-10:25am CARIO BOOTCAMP Jenn	9:00-9:15am 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	6:30-7:30pm STRONG by Zumba Jackie	6:30-7:15pm BANDS & BIKES* 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.