

GROUP EX STUDIO 1 CLASS SCHEDULE

S	M	T	W	T	F	S
	5:30-6:30AM <i>BODY PUMP</i>		5:30-6:30AM <i>BODY PUMP</i>		5:45-6:45AM <i>BODY PUMP</i>	
9:00-10:00AM <i>BOOTCAMP</i>	8:45-9:45AM <i>BODY PUMP</i>	8:30-9:15AM <i>HIIT</i>	8:45-9:45AM <i>BODY PUMP</i>	8:30-9:15AM <i>CIRCUIT</i>	8:30-9:30AM <i>BODY PUMP</i>	8:30-9:30AM <i>BODY PUMP</i>
10:15-11:00AM <i>BELLY & BUM</i>	10:00-11:00AM <i>ZUMBA</i> <i>*starts 6/20</i>	10:00-11:00AM <i>BODY PUMP</i>	10:00-11:00AM <i>ZUMBA</i>	9:30-10:30AM <i>BARRE</i>	9:45-10:45AM <i>BODY COMBAT</i>	9:45-10:45AM <i>ZUMBA</i>

(CONTINUED) GROUP EX STUDIO 1 CLASS SCHEDULE

S	M	T	W	T	F	S
			11:30-12:15PM <i>QI GONG</i>		11:30-12:15PM <i>QI GONG</i>	11:00-12:00PM <i>CAPOEIRA</i>
		5:00-6:00PM <i>BODY PUMP</i>				
	5:45-6:45PM <i>BODY PUMP</i>	6:15-7:00PM <i>CARDIO CIRCUIT</i>	5:45-6:45PM <i>BODY PUMP</i>	6:00-6:45PM <i>BOOTCAMP</i>	5:45-6:45PM <i>STEP</i>	
	7:00-8:00PM <i>ZUMBA</i>	7:00-8:00PM <i>ZUMBA</i>	7:00-7:45PM <i>CARDIO CORE</i>	7:00-8:00PM <i>BODY PUMP</i>		

GROUP EX STUDIO 2 CLASS SCHEDULE



S	M	T	W	T	F	S
		6:45-7:45AM <i>PERFORM BALANCE</i>		7:00-8:00AM <i>TAI CHI</i>		
9:00-9:45AM <i>INTRO TO CHOPRA MEDITATION</i>	8:30-9:15AM <i>CARDIO CORE</i>	8:30-9:15AM <i>BODY COMBAT</i>	8:45-9:30AM <i>LENGTHEN & STRENGTHEN</i>		8:30-9:15AM <i>CORE</i>	8:30-9:30AM <i>TAI CHI</i>
10:00-11:00AM <i>BODY COMBAT</i>	10:15-11:15AM <i>ZUMBA GOLD & STRENGTH</i>	9:30-10:15AM <i>BELLY & BUM</i>	10:00-10:30AM <i>CORE</i>	9:45-10:45AM <i>BODY COMBAT</i>	9:45-10:45AM <i>INTRO TO PILATES MAT</i>	9:45-10:45AM <i>KICKBOXING</i>
		11:00-12:00PM <i>INTRO TO CHOPRA YOGA</i>	11:00-11:45PM <i>BODY THRIVE</i>	11:00-12:00PM <i>BELLY & BUM</i>	11:00-12:00PM <i>BODY THRIVE</i>	
	5:45-6:45PM <i>CARDIO CORE</i>	5:15-6:00PM <i>BELLY & BUM</i>	5:30-6:30PM <i>BARRE FITNESS</i>	4:30-5:30PM <i>KIDS IN MOTION STRENGTH</i>	6:00-6:45PM <i>MYOFASCIAL RELEASE</i>	
	7:00-8:00PM <i>LENGTHEN & STRENGTHEN</i>	6:15-6:45PM <i>CORE</i>	4:00-5:00PM & 6:45-7:45PM <i>CAPOEIRA</i>	7:00-8:00PM <i>ZUMBA</i>	7:00-8:00PM <i>INTRO TO STRETCH & SOOTHING YOGA</i>	