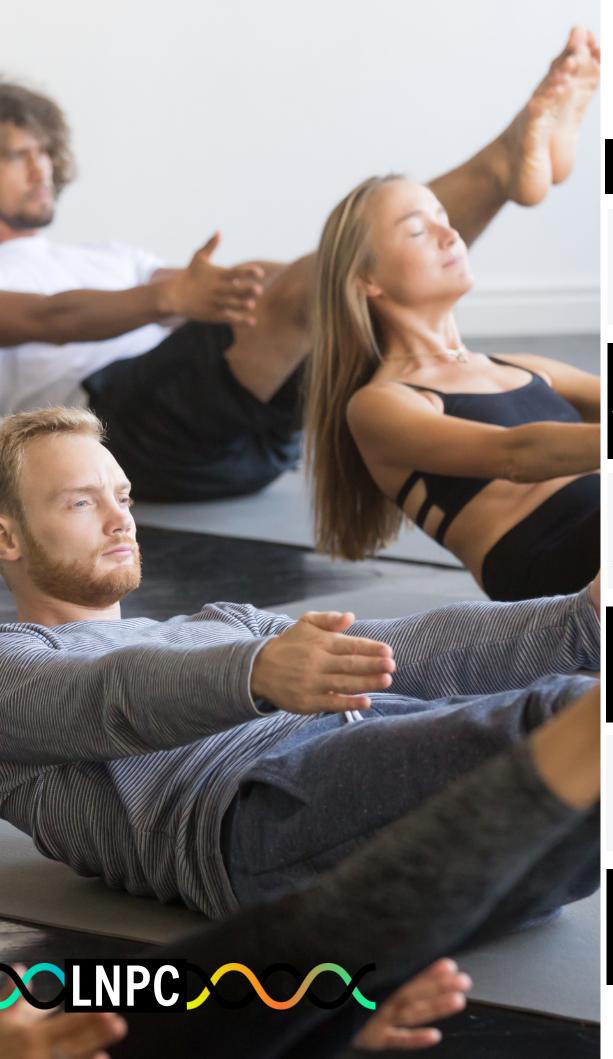
GROUP EX STUDIO 1 CLASS SCHEDULE S W T S M T F 5:45-6:45AM 5:30-6:30AM 5:30-6:30AM **BODY PUMP** BODY PUMP **BODY PUMP** 9:00-10:00AM 8:30-9:30AM 8:45-9:45AM 8:30-9:15AM 8:30-9:15AM 8:30-9:30 A M 8:45-9:45AM BODY PUMP **BOOTCAMP BODY PUMP** BODY PUMP BODY PUMP HIIT **CIRCUIT** 10:15-11:00AM 10:00-11:00AM 10:00-11:00AM 9:45-10:45AM 9:30-10:30AM 10:00-11:00AM 9:45-10:45AM ZUMBA ZUMBA BELLY & BUM **ZUMBA BODY PUMP** BARRE BODY COMBAT *starts 6/20 LNPC

(CONTINUED) GROUP EX STUDIO 1 CLASS SCHEDULE S T WT F S M 11:30-12:15PM 11:30-12:15PM 11:00-12:00PM QI GONG QI GONG **CAPOEIRA** 5:00-6:00PM **BODY PUMP** 6:15-7:00PM 5:45-6:45PM 5:45-6:45PM 5:45-6:45PM 6:00-6:45PM CARDIO STEP **BOOTCAMP** BODY PUMP BODY PUMP CIRCUIT 7:00-7:45PM 7:00-8:00PM 7:00-8:00PM 7:00-8:00PM LNPC **CARDIO** ZUMBA **BODY PUMP** ZUMBA CORE



GROUP EX STUDIO 2 CLASS SCHEDULE

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