



# 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>BOOTCAMP</i>	5:30-6:30AM <i>BODY PUMP</i>	5:30-6:15AM <i>HIIT</i>	6:00-7:00AM <i>BODY PUMP</i>	
					7:15-8:15AM <i>BODY ATTACK</i>	
9:00-10:00AM <i>BOOTCAMP</i>	8:45-9:45AM <i>BODY PUMP</i>	8:30-9:15AM <i>HIIT</i>	8:30-9:30AM <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>
10:15-11:15AM <i>ZUMBA</i>	10:00-11:00AM <i>ZUMBA</i>	10:00-11:00AM <i>BODY PUMP</i>	10:00-11:00AM <i>ZUMBA</i>	9:30-10:30AM <i>BARRE</i>	10:00-11:00AM <i>ZUMBA</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>STRONG NATION</i>		11:30-12:15PM <i>STRONG NATION</i>		11:15-12:15PM <i>QI GONG</i>	11:00-12:00PM <i>CAPOEIRA</i>
		5:00-6:00PM <i>BODY PUMP</i>	4:00-5:00PM <i>JR. CAPOEIRA</i>	5:00-5:45PM <i>BOOTCAMP</i>		
	5:45-6:45PM <i>BODY PUMP</i>	6:00-7:00PM <i>BODY COMBAT</i>	5:45-6:45PM <i>BODY PUMP</i>	6:00-7:00PM <i>BODY ATTACK</i>		
	7:00-8:00PM <i>ZUMBA</i>	7:00-8:00PM <i>ZUMBA</i>	7:00-8:45PM <i>HIGH FITNESS</i>	7:00-8:00PM <i>ZUMBA</i>		



# GROUP EX STUDIO 2 CLASS SCHEDULE

S	M	T	W	T	F	S
		6:00-6:45AM <i>BODY ATTACK</i>	6:00-6:45AM <i>SURGE</i>	6:00-7:00AM <i>TAI CHI</i>	6:00-7:00AM <i>HIGH FITNESS</i>	
		7:00-7:45AM <i>CORE</i>				
9:00-9:45AM <i>INTRO TO CHOPRA MEDITATION</i>	8:30-9:15AM <i>CORE</i>	8:30-9:15AM <i>BODY COMBAT</i>	8:45-9:30AM <i>LENGTHEN &amp; STRENGHTEN</i>	8:30-9:30AM <i>ZUMBA</i>	8:30-9:00AM <i>CORE</i>	8:30-9:30AM <i>TAI CHI</i>
10:00-11:00AM <i>BODY COMBAT</i>	10:15-11:15AM <i>BODY THRIVE</i>	9:30-10:15AM <i>BELLY &amp; BUM</i>	9:45-10:15AM <i>CORE</i>	9:45-10:45AM <i>KICKBOXING</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>	11:00-12:00PM <i>QI GONG</i>	11:00-12:00PM <i>BELLY &amp; BUM</i>	11:00-12:00PM <i>BODY THRIVE</i>	
	5:45-6:45PM <i>ZUMBA TONING</i>	5:15-6:00PM <i>INTRO TO YOGA &amp; MEDITATION</i>	5:30-6:30PM <i>BARRE FITNESS</i>		6:15-7:00PM <i>INTRO TO MYOFASCIAL RELEASE</i>	
	7:00-8:00PM <i>LENGTHEN &amp; STRENGHTEN</i>	6:15-6:45PM <i>CORE</i>	6:45-7:45PM <i>CAPOEIRA</i>	6:15-6:45PM <i>CORE</i>	7:15-8:00PM <i>INTRO TO CALMING YOGA/RESTORE</i>	