


FALL TWO 2018 GROUP EXERCISE & CYCLING SCHEDULE 10/29-12/16/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLING 5:30-6:15 Molly	Peak Cardio&More 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae	MASHUP BOOTCAMP 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae STRONG BY ZUMBA 5:30-6:30		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM		Zumba 8-9 Autumn				STRONG by ZUMBA 8-9 Alicia	TABATA 8:00-9:00 Jen
8:30 AM							
9:00 AM	ZUMBA 9-10 Crystal	CYCLING 9-10 Anne INTERVAL BARRE STRENGTH 9-10 Stacy WOW 9:30-10:30 Vince	Cycle and Tone 9-10 Anne Zumba 9-10 Yuri WOW 9:30-10:30 John /Vince	CYCLING 9-10 Anne STABILITY BALL BOOTCAMP 9:00-10:00 Crystal WOW 9:30-10:30 Vince	ZUMBA 9-10 Yuri	BodyBurn 9:15-10 Alicia CYCLING 9-10 Lisa	STEP & SCULPT 9:00-10:00 Kelly
9:30 AM							
10:00 AM		CHAIR YOGA 10:10-11:10 Lixia					
10:30 AM	BALANCE & STABILITY 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica	BarreFlow 10-10:45 Lana	
11:00 AM							
11:30 AM		Pilates 4-5 Michelle		CHAIR YOGA 11-12 Lixia		Teen body building 1-2 Isaiah	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM	DinoFit 4-5 Crystal BOOT CAMP/ABS 4-5 Kym	Therapeutic Yoga 5:30-6:30 Lixia	DinoFit 4-5 Crystal	Zumba Gold 4-4:45 Ginny	ZUMBA 5:15-6 Cat		SCHEDULE REVISED 10/1/18 Subject to change
4:00 PM			TBW 4:30 5:30 Kelly SHRED n SCULPT 5:30-6:30 Melissa	PILATES 5:00-6:00 Michelle	BarreFlow 6-7 Lana		
4:30 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7 Lisa/Glen						
5:00 PM							
5:30 PM	Metabolic Conditioning 6:30-7:30 Kim	DANCE FITNESS 6:30-7:15 Alyssa	CYCLING 6:00-7:00 Lisa		STRONG BY ZUMBA 6-7 Freddie		
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							

