


FALL ONE 2017 EXERCISE & CYCLING SCHEDULE 9/5-10/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM	CYCLING 5:30-6:15 Molly	CARDIO BLAST/Core&More 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae	BOOTCAMP 5:30-6:30 Melissa	CYCLING 5:30-6:15 Melissa Rae			
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM	Bootcamp 8-9 Alicia	Zumba 8-9 Autumn		ZUMBA 8-9 Autumn				
8:00 AM							TABATA 8:00-9:00 Jen	
8:30 AM								
9:00 AM								
9:30 AM	ZUMBA 9-10 Crystal WOW 9:30-10:30 Fitness Center John	Interval Barre Strength 9-10 Stacy CYCLING 9-10 Anne	CYCLE&TONE 9-10 Anne Zumba 9-10 MaryBeth WOW 9:30-10:30 John	CYCLING 9-10 Anne PUMPED 9:00-10:00 Crystal	Piloxing 9-10 STACY	ZUMBA 9-10 Alicia/Crystal CYCLING 9-10 Lisa	STEP & SCULPT 9:00-10:00 Kelly	
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								
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM								
4:00 PM								
4:30 PM	CORE STRENGTH & CARDIO 4:00-5:00 Kym			STEPnTIME 4-4:45 Josephine	ZUMBA 5:15-6 Cat			
5:00 PM		Therapeutic Yoga 5:30-6:30 Lixia	TBW 4:30-5:30 Kelly Dancing Kids 5:15-6 Lexi CARDIO SCULPT 5:30-6:30 Melissa	PILATES 5:00-6:00 Michelle CYCLE N TONE 6-7 Sarah	BarreFlow 6-7 Lana		<p>SCHEDULE REVISED 08/07/17 Subject to change</p>	
5:30 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7 Lisa							
6:00 PM				Country Heat Live 6-7 Desiree				
6:30 PM								
7:00 PM	Country Heat Live 6:30-7:30 Desiree	Zumba 6:30-7:15 Alyssa	CYCLING 6:00-7:00 Lisa					
7:30 PM								

