


FALL ONE 2019 GROUP EXERCISE & CYCLING SCHEDULE 9/3-10/20/2019

	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			
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Fit 45 9-9:45 Stacy	CYCLING 9-10 Anne WOW 9:30-10:30 Joan	Cycle and Tone 9-10 Anne Zumba 9-10 Autumn	CYCLING 9-10 Anne CORE STRENGTH &COND. 9:00-10:00 Crystal WOW 9:30-10:30 Joan	Fit 45 9-9:45 Stacy	CYCLING 9-9:45 Stacy Interval Strength 9-10 Kelly	TABATA 8-9 Jen
9:30 AM							
10:00 AM		CHAIR YOGA 10:10-11:10 Susan					STEP BOOTCAMP 9:00-10:00 Kelly
10:30 AM	BALANCE & STABILITY 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica	BARRE FLOW 10- 11 Lana	
11:00 AM							
11:30 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	20/20/20 4- 5 Kym Flex n Stretch5- 5:30Alison	PILATES 4-5 Michelle DinoFit 5-6 Corey			ZUMBA 5:15-6 Cat		SCHEDULE REVISED 8/12/19 Subject to change
4:30 PM							
5:00 PM			CARDIO SCULPT 5- 6 Kelly	PILATES 5-6 Michelle			
5:30 PM	ZUMBA 5:30- 6:30Cat CYCLING 6- 7Lisa						
6:00 PM							
6:30 PM				STRONG BY ZUMBA 6-7 Freddie			
7:00 PM		DANCE FITNESS 6:30-7:15 Mary	CYCLING 6:00-7:00 Lisa				
7:30 PM							

