


SPRING TWO 2019 GROUP EXERCISE & CYCLING SCHEDULE 4/29-6/16/2019

| | 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 | CYCLING 5:30- 6:15 Melissa Rae |  | |
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | TABATA 8:00- 9:00 Jen |
| 9:00 AM | ZUMBA 9-10 Yuri | CYCLING 9-10 Anne BALLET BARRE FUSION 9-10 Stacy WOW 9:30-10:30 Joan | Cycle and Tone 9-10 Anne Zumba 9-10 Yuri | CYCLING 9-10 Anne STABILITY BALL BOOTCAMP 9:00-10:00 Crystal WOW 9:30-10:30 Vince | Fit 45 9-9:45 Stacy | CYCLING 9-9:45 Stacy Interval Strength 9-10 Kelly | STEP & SCULPT 9:00-10:00 Kelly |
| 9:30 AM | | | | | | | |
| 10:00 AM | | CHAIR YOGA 10:10- 11:10Lixia | | | | | |
| 10:30 AM | BALANCE & STABILITY 10:30-11:15 Veronica | | STRENGTH & MORE 10:30-11:15 Veronica | ZUMBA 10-11 Autumn | STRENGTH & MORE 10:30-11:15 Veronica | BarreFlow 10- 10:45Lana | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | Pilates 4-5 Michelle | | | | Intro to Wgt. Trainin 1-2 Isaiah | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | Octagon HIIT 4- 5 Kim 20/20/20 4-5 KymFlex n Stretch5- 5:30Alison | DinoFit 5-6 Corey Therapeutic Yoga 5:30-6:30 Lixia | TBW 4:30 5:30 Kelly SHRED n SCULPT 5:30-6:30 Alicia | Zumba Gold 4- 4:45 Ginny | ZUMBA 5:15-6 Cat | | SCHEDULE REVISED 4/3/19 Subject to change |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | ZUMBA 5:30-6:30Cat Metabolic Conditioning 5:30- 6:30 Kim CYCLING 6-7Lisa/Glen | | | PILATES5:00-6:00 Michelle | BarreFlow 6-7 Lana | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | STRONG BY ZUMBA 6-7 Freddie | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | | DANCE FITNESS 6:30-7:15 Mary | CYCLING 6:00-7:00 Lisa | | | | |
| 7:30 PM | | | | | | | |

