


SPRING TWO 2018 GROUP EXERCISE & CYCLING SCHEDULE 4/30-6/17

	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	TABATA 8-9 Alicia	Zumba 8-9 Autumn							
8:00 AM									
8:30 AM						HIIT STEP 8-8:45 Alicia	TABATA 8:00-9:00 Jen		
9:00 AM	ZUMBA 9-10 Crystal WOW 9:30-10:30 Fitness Center John /Vince	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/Vince	CYCLING 9-10 Anne CIRCUIT STATION BURN 9:00-10:00 Crystal	Piloxing 9-10 STACY				
9:30 AM									
10:00 AM		CHAIR YOGA 10:10- 11:10Lixia							ZUMBA 9-10 Alicia CYCLING 9-10 Lisa
10:30 AM	BALANCE & STABILITY 10:30-11:15 Veronica		STRENGTH & MORE 10:30-11:15 Veronica	ZUMBA 10-11 Yuri	STRENGTH & MORE 10:30-11:15 Veronica	BarreFlow 10-10:45 Lana			
11:00 AM									
11:30 AM		Dino Fit 4-5 Crystal		CHAIR YOGA 11-12Lixia		Youth body building Intro 1-1:45pm Intermediate 1:45-2:30pm Isaiah	SCHEDULE REVISED 3/26/18 Subject to change		
12:00 PM									
1:00 PM									
2:00 PM									
3:00 PM									
4:00 PM	BOOT CAMP/ABS 4:00-5:00 Kym			ZUMBA GOLD 4-4:45 Ginny DinoFit 4-5 Crystal	ZUMBA 5:15-6 Cat				
4:30 PM									
5:00 PM		Therapeutic Yoga 5:30-6:30 Lixia	TBW 4:30-5:30 Kelly CARDIO SCULPT 5:30-6:30 Melissa	PILATES 5:00-6:00 Michelle	BarreFlow 6-7 Lana				
5:30 PM	FLEX & STRETCH 5:00-5:30 Alison ZUMBA 5:30-6:30 Cat CYCLING 6-7 Lisa								
6:00 PM									
6:30 PM			CYCLING 6:00-7:00 Lisa ZUMBA 6:30-7:30 Autumn						
7:00 PM		DANCE FITNESS 6:30-7:15 Alyssa							
7:30 PM									

