


**SPRING ONE 2018 GROUP EXERCISE & CYCLING SCHEDULE 2/26-4/22**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>CYCLING</b> 5:30-6:15 Molly	<b>CARDIO</b> <b>BLAST/Core&amp;More</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae	<b>BOOTCAMP</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	<b>TABATA</b> 8-9 Alicia	<b>Zumba</b> 8-9  Autumn		<b>ZUMBA</b> 8-9 Autumn			
8:00 AM						<b>Bootcamp</b> 8-8:45 Alicia/Crystal	<b>TABATA</b> 8:00-9:00 Jen
8:30 AM							
9:00 AM							
9:30 AM	<b>ZUMBA</b> 9-10 Crystal <b>WOW</b> 9:30-10:30 Fitness Center John /Vince	<b>Interval Barre Strength</b> 9-10 Stacy <b>CYCLING</b> 9-10 Anne	<b>CYCLE&amp;TONE</b> 9-10 Anne <b>Zumba</b> 9-10 MaryBeth <b>WOW</b> 9:30-10:30 John /Vince	<b>CYCLING</b> 9-10 Anne <b>CIRCUIT STATION BURN</b> 9:00-10:00 Crystal	<b>Piloxing</b> 9-10 STACY	<b>ZUMBA</b> 9-10 Alicia/Crystal <b>CYCLING</b> 9-10 Lisa	<b>STEP &amp; SCULPT</b> 9:00-10:00 Kelly
10:00 AM		<b>CHAIR YOGA</b> 10:10-11:10 Lixia					
10:30 AM	<b>BALANCE &amp; STABILITY</b> 10:30-11:15 Veronica		<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica	<b>ZUMBA</b> 10-11 Yuri	<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica	<b>BarreFlow</b> 10-10:45 Lana	
11:00 AM							
11:30 AM		<b>Dino Fit</b> 4-5 Crystal					
12:00 PM						<b>FitKids</b> 4:30-5:15 Jen	<b>Youth body building</b> 1-2 Isaiah
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM				<b>ZUMBA GOLD</b> 4-4:45 Ginny	<b>ZUMBA</b> 5:15-6 Cat		
4:30 PM	<b>BOOT CAMP/ABS</b> 4:00-5:00 Kym	<b>Therapeutic Yoga</b> 5:30-6:30 Lixia <b>Cycle n Tone</b> 6-7 Sarah	<b>TBW</b> 4:30-5:30 Kelly <b>CARDIO SCULPT</b> 5:30-6:30 Melissa	<b>PILATES</b> 5:00-6:00 Michelle	<b>BarreFlow</b> 6-7 Lana	<b>SCHEDULE REVISED 2/1/18 Subject to change</b>	
5:00 PM							
5:30 PM	<b>FLEX &amp; STRETCH</b> 5:00-5:30 Alison <b>ZUMBA</b> 5:30-6:30 Cat <b>CYCLING</b> 6-7 Lisa						
6:00 PM							
6:30 PM							
7:00 PM		<b>DANCE FITNESS</b> 6:30-7:15 Alyssa	<b>CYCLING</b> 6:00-7:00 Lisa				
7:30 PM							

