



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Strength Training Valentina	6:00-7:00am KettleBurn Jordan	6:00-6:45am Cycling Molly	6:00-7:00am KettleBurn Jordan	8:00-8:45am Strength Training Valentina	8:30-10:00 Mega Mash Up Multiple	
8:30-9:15am Aqua Fit Heather	9:00-10:00am Cycling Anne	8:30-9:15am Aqua Fit Heather	9:00-10:00am Cycling Anne	9:00-9:45am Aqua Fit Valentina	9:00am-9:45am Cycling Alternating	
9:00-10:00am Pilates Valentina	10:15-11:15am Chair Yoga Lauren	9:00-10:00am JizzerGrind Cat	9:00-9:45am Low Impact Aerobics Kelly P	9:00-10:00am JizzerGrind Cat		
9:30-10:15am Aqua Fit Heather	5:30-6:15pm Cycling Sarah	9:00-10:00am Cycle & Tone Anne	9:00-9:45am Aqua Fit Heather	5:30-6:15pm Cycling Valentina		
10:30-11:30am Yoga Flow James	5:30-6:15pm Pilates Valentina	9:30-10:15am Deep End Aqua Fit Heather	10:00-10:45am Aqua Barre Heather			
4:30-5:15pm Cardio Sculpt Kelly P	6:30-7:15pm Strength Training Valentina	10:30-11:30am Yoga Flow James	5:30-6:15pm Cycling Sarah			
5:30-6:30pm Zumba Cat		5:30-6:15pm Cycling Valentina	5:30-6:15pm Pilates Valentina			
5:30-6:15pm Cycling Valentina			6:30-7:15pm Strength Training Valentina			
6:30-7:15pm Cardio Step Valentina						