Group Fitness Schedule

MONDAY

6:00–6:50am	HIT Cycle	Julie S.	C
8:15–9:00am	BODYATTACK Express	Nikki S.	1
9:15–10:15am	Pilates Mat	Erin H.	2
9:30–10:20am	HIT Cycle	Paul R.	C
10:30–11:30am	Yoga Multi-Level	Erica M.	2
10:45–11:45am	Studio Strength	Alexander E.	1
11:45–12:45pm	Vinyasa Flow Yoga	Erica M.	2
12:00–12:55pm	Aqua TBT	Lisa H.	P
5:00–6:00pm	Pilates Mat	Hayley S.	2
5:30–6:30pm	BODYPUMP	Kate K.	1
6:00–6:30pm	SPRINT	Jason P.	C
6:15–7:15pm	Yoga Multi-Level	Sarah C.	2
6:45–7:15pm	Les Mills CORE	Kate K.	1

TUESDAY

6:00–7:00am	BODYPUMP	Jamey D.	1
7:15–7:45am	SPRINT	Jamey D.	C
8:00–9:00am	Total Body Training	Jennifer T.	1
9:30–10:30am	Studio Strength	Lisa H.	1
5:00–6:00pm	Yoga (Multi-Level)	Kathleen M.	2
5:45–6:30pm	BODYCOMBAT Express	Jojo Y.	1
6:00–6:55pm	Aqua TBT	Lisa H.	P
6:00–6:50pm	HIT Cycle	Jonathan S.	C
6:15–7:15pm	Vinyasa Flow Yoga	Kathleen M.	2
6:45–7:45pm	BODYPUMP	Melissa B.	1
7:15–7:30pm	Meditation	Kathleen M.	2

WEDNESDAY

6:00–6:50am	HIT Cycle	Chelsea S.	C
8:15–9:00am	BODYPUMP Express	Nikki S.	1
9:15–9:45am	SPRINT	Nikki S.	C
11:00–12:00pm	Ballet Burn	Emily O.	1
12:00–12:55pm	Aqua TBT	Lisa H.	P
12:00–1:00pm	Yoga Multi-Level	Kali O.	2
4:00–5:00pm	Yoga Multi-Level	Nikki S.	2
5:00–5:45pm	BODYPUMP Express	Jennifer T.	1
5:15–6:15pm	Pilates Mat	Hayley R.	2
6:00–6:30pm	Les Mills CORE	Jennifer T.	1
6:15–7:30pm	Yoga (Multi-Level)	Kali O.	2
6:45–7:45pm	BODYJAM	Nikki S.	1

THURSDAY

6:00–6:50am	HIT Cycle	Fran B.	C
8:30–9:15am	CEREMONY HYROX	Jennifer T.	1
9:30–10:00am	SPRINT	Jennifer T.	C
10:15–10:45am	Les Mills CORE	Jennifer T.	1
10:30–11:30am	Yoga Multi-Level	Erica M.	2
11:30–12:30pm	Studio Strength	Alexander E.	1
12:00–1:30pm	Vinyasa Flow Yoga	Erica M.	2
4:00–5:00pm	Yoga Multi-Level	Stephanie S.	2
5:30–6:30pm	Studio Strength	Lisa H.	1
6:00–6:50pm	HIT Cycle	TBD	C
6:15–7:30pm	Yoga Multi-Level	Kali O.	2
6:45-7:30pm	Total Body Training	Kathryn M.	1

FRIDAY

6:00–6:50am	HIT Cycle	Jamie R.	C
7:15–8:00am	CEREMONY HYROX	Jamie R.	1
9:00–10:00am	Yoga Multi-Level	Kali O.	2
9:30–10:20am	HIT Cycle	Jennifer T.	C
10:00–10:55am	Aqua TBT	Lisa H.	P
10:30–11:30am	BODYPUMP	Jennifer T.	1
11:45–12:30pm	BODYBALANCE Express	Nikki S.	2
5:15–5:45pm	HIIT	Lisa H.	1
5:45–6:30pm	Hard Core	Lisa H.	1

SATURDAY

8:15–9:15am	BODYBALANCE	Nikki S.	2
8:30–9:15am	CEREMONY HYROX	Jamie R.	1
9:00–9:50am	HIT Cycle	Noel D.	C
9:30–10:00am	GRIT Strength	Jojo Y.	1
10:00–11:00am	Yoga Multi-Level	Ken C.	2
10:15–11:15am	BODYJAM	Nikki S.	1
11:15–12:15pm	Vinyasa Flow Yoga	Sarah C.	2
11:30–12:30pm	BODYPUMP	Jamey D.	1
12:00–12:55pm	Aqua Movement	Stephanie H.	P

SUNDAY

8:30–9:15am	BODYPUMP Express	AJ C.	1
8:45–9:45am	Yoga Sculpt	Jacqueline F.	2
9:30–10:30am	BODYPUMP	Leslie B.	1
10:00–11:00am	Vinyasa Flow Yoga	Andrea W.	2
10:45–11:45am	BODYCOMBAT	Leslie B.	1
12:00–1:00pm	Yoga Multi-Level	Ken C.	2
1:00–1:50pm	HIT Cycle	Fran B.	C
3:00–4:30pm	Yin Yoga	Ken C.	2