



# Group Fitness Schedule

Effective May 1st, 2024

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
8:00 - 9:00 am	Total Body Training.....	Jennifer T. 1
9:15 - 10:15 am	Ballet Burn .....	Raquel F. 1
9:30 - 10:20 am	HIT Cycle .....	Paul R. C
10:30 - 11:30 am	Yoga (Multi-Level).....	Erica M. 2
11:45 - 12:45 pm	Vinaysa Flow Yoga .....	Erica M. 2
12:00 - 1:00 pm	Aqua TBT.....	Lisa H. P
5:00 - 6:00 pm	Pilates Mat .....	Hayley R. 2
5:30 - 6:30 pm	BODYPUMP .....	Nikki S. 1
6:00 - 6:30 pm	SPRINT .....	Jason P. C
6:15 - 7:15 pm	Yoga (Multi-Level).....	Samantha G. 2
6:45 - 7:15 pm	Les Mills CORE.....	Jason P. 1

<b>Tuesday</b>		
6:00 - 7:00 am	BODYPUMP .....	Jamey D. 1
7:15 - 7:45 am	SPRINT .....	Jamey D. C
8:30 - 9:15 am	BODYATTACK.....	Nikki S. 1
9:30 - 10:30 am	Studio Strength .....	Lisa H. 1
10:30 - 11:30 am	Yoga Sculpt .....	Raquel F. 2
12:00 - 12:50 pm	HIT Cycle .....	Raquel F. C
12:00 - 1:00 pm	Ashtanga Power Yoga.....	Mary K. 2
5:00 - 6:00 pm	Yoga (Multi-Level).....	Kathleen M. 2
5:45 - 6:30 pm	BODYCOMBAT Express .....	Jojo Y. 1
6:00 - 6:50 pm	HIT Cycle .....	Rico B. C
6:00 - 7:00 pm	Aqua TBT.....	Lisa H. P
6:15 - 7:15 pm	Vinaysa Flow Yoga .....	Kathleen M. 2
6:45 - 7:45 pm	BODYPUMP .....	KB 1

<b>Wednesday</b>		
6:00 - 6:50 am	HIT Cycle .....	Stef B. C
8:15 - 9:00 am	BODYPUMP Express.....	Nikki S. 1
9:15 - 9:45 am	SPRINT .....	Nikki S. C
12:00 - 1:00 pm	Aqua TBT.....	Lisa H. P
12:00 - 1:00 pm	Yoga (Multi-Level).....	Kali O. 2
5:00 - 5:45 pm	BODYPUMP Express.....	Jennifer T. 1
5:00 - 6:00 pm	Pilates Mat .....	Hayley R. 2
6:00 - 6:30 pm	Les Mills CORE .....	Jennifer T. 1
6:15 - 7:30 pm	Yoga (Multi-Level).....	Kali O. 2

<b>Thursday</b>		
6:00 - 7:00 am	Total Body Training.....	Stephanie B.J. 1

<b>Thursday continued...</b>		
9:30 - 10:00 am	SPRINT .....	Jennifer T. C
10:15 - 10:45 am	Les Mills CORE .....	Jennifer T. 1
10:30 - 11:30 am	Yoga (Multi-Level).....	Erica M. 2
12:00 - 1:30 pm	Vinyasa Flow Yoga .....	Erica M. 2
5:30 - 6:30 pm	Studio Strength .....	Lisa H. 1
6:00 - 6:50 pm	HIT Cycle .....	Jen P. C
6:00 - 7:15 pm	Yoga (Multi-Level).....	Mary K. 2
6:45 - 7:45 pm	Boxing Challenge .....	Sam F. 1

<b>Friday</b>		
6:00 - 6:50 am	HIT Cycle .....	Jamie R. C
9:00 - 10:00 am	Yoga (Multi-Level).....	Kali O. 2
9:30 - 10:20 am	HIT Cycle .....	Jennifer T. C
10:00 - 11:00 am	Aqua TBT.....	Lisa H. P
10:30 - 11:30 am	BODYPUMP .....	Jennifer T. 1
11:45 - 12:30 pm	BODYBALANCE Express .....	Nikki S. 2
5:00 - 5:30 pm	HIIT .....	Lisa H. 1
5:45 - 6:30 pm	Hard Core .....	Lisa H 1

<b>Saturday</b>		
8:15 - 9:15 am	Boxing Challenge .....	Sam F. 1
8:15 - 9:15 am	BODYBALANCE.....	Nikki S. 2
9:00 - 9:50 am	HIT Cycle .....	Amelia L. C
9:30 - 10:00 am	GRIT Strength .....	Jojo Y. 1
10:00 - 11:00 am	Yoga (Multi-Level).....	Ken C. 2
10:15 - 11:15 am	BODYJAM .....	Nikki S. 1
11:15 - 12:15 pm	Vinyasa Flow Yoga .....	Ken C. 2
11:30 - 12:30 pm	BODYPUMP .....	Jamey D. 1
12:00 - 1:00 pm	Aqua Movement .....	Stephanie H. P

<b>Sunday</b>		
8:30 - 9:15 am	BODYPUMP Express.....	AJ 1
9:30 - 10:30 am	BODYPUMP .....	Leslie B. 1
10:45 - 11:45 am	BODYCOMBAT .....	Leslie B. 1
12:00 - 1:00 pm	Yoga (Multi-Level).....	Ken C. 2
1:00 - 1:50 pm	HIT Cycle .....	Fran B. C
3:00 - 4:30 pm	Yin Yoga .....	Ken C. 2