



GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

Mon Tue Wed Thu Fri Sat Sun

6am		6:00 - 7:00 am HIIT Nick O.		6:00 - 7:00 am HIIT Nick O.			
7am						7:00 - 8:00 am Bootcamp (Functional Training) Nick O.	
8am	8:15 - 9:15 am Circuit Training Anna E.		8:30 - 9:30 am Cardio Mix Jodi 8:15 - 9:15 am Circuit Training Anna			8:30 - 9:30 am Cardio Mix Jodi	
9am	9:30 - 10:30 am Yoga John S.	9:30 - 10:30 am Zumba Genesis N.	9:30 - 10:30 am Yoga Lisa A.		9:00 - 10:00 am Yoga Lisa A.	9:30 - 10:30 am Tai Chi Kaine	9:00 - 10:00 am Bootcamp Kelly
10am	10:00 - 10:30 am Ab Burn Nick O.	10:45 - 11:45 am Body Sculpting Nancy R.	10:45 - 11:45 am Silver Sneakers Cindy B.	10:45 - 11:45 am Silver Sneakers Carmen	10:30 - 11:30 am Zumba Genesis N.	11:30 - 12:30 pm Pilates John S.	
11am				11:45 - 12:45 pm Yoga Carmen			11:00 - 12:00 pm Yoga Amy M.
12pm							
1pm							
2pm							
3pm							
4pm							
5pm		5:30 - 6:30 pm Yoga Amy M.		5:30 - 6:30 pm Yoga for Strength John S.			
6pm	6:30 - 7:00 pm Cardio Tai Box Yisel L.	6:30 - 7:30 pm Les Mills Body Pump Nini	6:30 - 7:30 pm Yoga Mary A. (GX Studio)	6:00 - 6:45 pm Kids Fitness Class (4-7) Nini			
7pm	7:00 - 8:00 pm Yoga Mary A. (GX Studio)	7:30 - 8:30 pm Zumba Yisel L.	7:30 - 8:30 pm Tai Chi Kaine	6:45 - 7:45 pm Zumba Macarena C. 6:45 - 7:30 pm Kids Fitness Class (8-12) Nini			