



GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am		*6:00 - 6:30 am HIIT- Nick O.					
7am							
8am			8:00 - 9:00 am Pilates- Lisa B.			*8:45 - 9:45 am Full Body Blaster- Nick O.	
9am	9:00 - 10:00 am Yoga- Morgan G.	9:00 - 10:00 am Gentle Yoga- Lisa B.	9:00 - 10:00 am Yoga- Lisa A.	9:30 - 10:30 am Stability/Mobility- Nancy R.	9:00 - 10:00 am Yoga- Lisa A.	9:30 - 10:30 am Yoga- Morgan G.	
10am	*10:00 - 10:30 am Ab Burn- Nick O.	10:00 - 10:50 am Zumba- Krystina R.	10:45 - 11:45 am Silver Sneakers- Cindy B.	10:45 - 11:45 am Silver Sneakers- Carmen H.	10:00 - 11:00 am Zumba- Catherine M.		10:00 - 11:00 am Flow Yoga- Lisa B.
11am	11:00 - 12:00 pm Boom Fitness- Nancy R.	11:00 - 11:50 am Stability/Mobility- Nancy R.					
12pm							
1pm							
2pm							
3pm							
4pm							
5pm	5:30 - 6:30 pm Power Pump- Nini A.	*6:00 - 7:00pm Kid's Training (ages 6-18)- Jermain W.	5:30 - 6:30 pm HIIT Cardio/Strength- Amy M.	5:30 - 6:30 pm Tabata- Lena H.			
6pm	*6:30 - 7:30 pm Cardio Kickboxing- Nini A.	6:30 - 7:30 pm Flow Yoga- Lisa B.	6:30 - 7:30 pm Yoga- Amy M.	6:30 - 7:30 pm Yoga- Mary A.			
7pm	7:00 - 8:00 pm Yoga- Mary A.	7:30 - 8:30 pm Zumba- Catherine M.	7:30 - 8:30 pm Zumba- Maribel O.				

*Located in the Functional Area