



GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am		*6:00-6:30 am HIIT Nick O.					
7am							
8am						*8:45 - 9:45 am Full Body Blaster Nick O.	
9am	9:00-10:00am Yoga Morgan		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.	9:30-10:30am Yoga Morgan	
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.	10:00-10:50 am Zumba Krystina R.		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		12:00 - 01:00 pm Gentle Yoga Lisa B.					
1pm							
2pm							
3pm							
4pm							
5pm	5:30 - 6:30 pm Power Pump Nini A.		5:30 - 6:30 pm HIIT Cardio and Strength Amy M.	5:30 - 6:30 pm Power Pump Nini A.			
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.	*6:00-7:00pm Kid's Training (ages 6-18) Jermain W.			
7pm	7:00 - 8:00 pm Yoga Mary A.			6:30 - 7:30 pm Yoga Mary A.			

*Located in the Functional Area