

ATHLETICA

HEALTH & FITNESS

GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am	8:30 - 9:30 am Get Fit Boot Camp (Outside)-MICAHA 8:30 - 9:30 am Boot Camp Barre-VICKIE ● ● ●	8:30 - 9:30 am Get Fit Boot Camp-MICAHA ● ● ●	8:30 - 9:30 am Mat Pilates-MIKO ● ● ●	8:30 - 9:30 am Chisel N' Sculpt-CRYSTAL ● ● ●	8:30 - 9:30 am Get Fit Boot Camp-MICAHA ● ● ●		
9am	9:30 - 10:30 am Zumba-YESI ● ● ●	9:30 - 10:30 am Chisel N' Sculpt-STACY R. ● ● ●	9:30 - 10:30 am Bounce and Barre-ABBIE ● ●	9:30 - 10:30 am Zumba-VICKY ● ● ●	9:30 - 10:30 am Cardio Interval Circuit-KAREN ● ●	9:30 - 10:30 am Chisel N' Sculpt-STACY R. ● ● ●	9:30 - 10:30 am Chisel N' Sculpt-KAREN ● ● ●
10am	10:30 - 11:30 am Strength-KAREN ● ● ●	10:30 - 11:45 am Total Stretch-SEPTEMBER ● ● ●	10:30 - 11:30 am Mommy & Me MICAHA ● ● ●	10:30 - 11:30 am Yoga Mix (Yin/Vinyassa)-PAM ● ● ●		10:30 - 11:30 am "Stretch-a-lates"-SEPTEMBER ● ● ●	10:30 - 11:30 am Vinyasa Yoga-PETER ● ● ●
11am							
12pm	12:30 - 1:15 pm SilverSneakers Classic-LYDIA S. ●		12:00 - 1:00 pm Barbell Blast-FOTIS ● ● ●				
1pm	1:15 - 2:00 pm SilverSneakers Circuit-LYDIA S. ● ●		1:15 - 2:00 pm SilverSneakers Classic-LYDIA S. ● ●				
2pm			2:00 - 2:45 pm SilverSneakers Circuit-LYDIA S. ● ●				
3pm							
4pm						4:30 - 5:30 pm Yin Yoga-GINNY ● ●	
5pm		5:30 - 6:30 pm Get Ripped!-MICHELLE ● ●			5:30 - 6:30 pm Get Ripped!-MICHELLE ● ●		
6pm	6:30 - 7:30 pm Mat Pilates-SEPTEMBER ● ● ●	6:30 - 7:45 pm Sunset Vinyasa Yoga-GINNY ● ● ●	6:30 - 7:30 pm P90X Live-DIANA ● ● ●	6:30 - 7:30 pm Barre Pilates-SEPTEMBER ● ● ●	 ● Beginner ● Intermediate ● Advanced		
7pm							