

GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
8:15am BODY SCULPT Studio A Instructor: KJ	8:30am SLOW FLOW YOGA Studio B Instructor: Deranda	8:15am STEP & SCULPT Studio A Instructor: KJ	8:30am VINYASA YOGA Studio B Instructor: Deranda	8:15am BARRE Studio A Instructor: KJ	8:15am POWER SCULPT Studio A Instructor: Ron	
	9:00am CYCLE* Studio C Instructor: Tracie		9:15am INTERVAL CIRCUIT Studio A Instructor: KJ	9:00am CYCLE* Studio C Instructor: Tracie		
		9:30am MAT PILATES Studio B Instructor: Mosa		9:30am MAT PILATES Studio B Instructor: Mosa		
9:45am BARRE Studio A Instructor: KJ	9:45am INTERVAL CIRCUIT Studio A Instructor: KJ	9:45am CARDIO KICKBOX Studio A Instructor: KJ			9:30am DANCE FITNESS Studio A Instructor: Patty	
			10:30am ZUMBA Studio A Instructor: Natalia			
11:15am CARDIO SCULPT* Studio A Instructor: Mosa						
5:45pm CYCLE & PUMP Studio C Instructor: Sydney	5:45pm CARDIO SCULPT Studio A Instructor: Mosa	5:45pm CYCLE* Studio C Instructor: Cheryl	5:45pm SLOW FLOW YOGA Studio B Instructor: Deranda			
	6:45pm CYCLE * Studio C Instructor: Anthony					
7:00pm ZUMBA Studio A Instructor: MaryAnn		7:00pm ZUMBA Studio A Instructor: MaryAnn	7:00pm SWEAT&SWAGGER Studio A Instructor: Shannon			

Most classes are 60 minutes. Classes that are 45 minutes are marked with a *

