

# GROUP FITNESS SCHEDULE

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

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

