

Group Exercise Class Schedule

| TIME | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-------------|-------------------------------------|---------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------------------|---------------------------------------------------|---------------------------------------|----------|--------------------------------------------------------------------|
| | Studio A | Studio B | Studio A | Studio B | Studio A | Studio B | Studio A | Studio B | Studio A | Studio B |
| 6:30-7:15 | | | | Well Built <i>Kordi</i> <div style="background-color: yellow; border: 1px solid black; padding: 2px; display: inline-block;">NEW</div> | | | | | | |
| 11:30-12:15 | Power Cycle <i>Nicole</i> | | Hard Core Cycle <i>Kordi</i> | Total Body Blitz <i>Kirsten</i> | | Super Circuit <i>Darrel</i> | | Shred it! <i>Jamie</i> | | Well Built <i>Kordi</i> |
| 11:45-12:30 | | Core Fit Express <i>Julia</i> <i>11:45-12:15</i> | | | Rev and Restore <i>Jon</i> | | Zumba <i>Teresa</i> <i>*New time</i> | | | |
| 12:20-1:05 | | Total Body Blitz <i>Nicole</i> | Shred it! <i>Jon</i> | Yoga <i>Julia</i> <i>*Please bring your own mat</i> | | Total Body Blitz <i>Teresa</i> | | Rock Bottoms <i>Kirsten</i> | | Yoga <i>Shelley</i> <i>*Please bring your own mat</i> |

This is a dynamic class schedule and will change with member needs.

Studio A – Cycle Studio

Studio B – Large Studio