

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>						
11:30-12:15	Power Cycle <i>Nicole</i>		Hard Core Cycle <i>Kordi</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>		Well Built Express <i>Kirsten</i> NEW <i>11:45-12:15</i>	Rev and Restore <i>Jon</i>					
12:20-1:05		Total Body Blitz <i>Nicole</i>	Yoga <i>Julia</i> <i>*Please bring your own mat</i>	Shred it! <i>Jon</i>		Total Body Blitz <i>Teresa</i>		Rock Bottoms <i>Kirsten</i>		Yoga <i>Shelley</i> <i>*Please bring your own mat</i>

New Schedule Begins April 2, 2018

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

Studio A – Cycle Studio

Studio B – Large Studio