
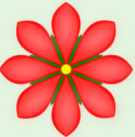







Group Exercise Class Schedule



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>Shona</i>	11:30-12:15 Step Pump <i>Kordi</i>	11:30-12:15 Hard Core Cycle <i>Angie</i>	 11:45-12:15 Well Built Express <i>Kirsten</i>	11:30-12:15 Power Cycle <i>Nicole</i>	11:30-12:15 Super Circuit <i>Darrel</i>	11:30-12:00 Core and More Express <i>Kirsten</i>			11:30-12:15 Well Built <i>Kordi</i>
	12:20-1:05 Crush it! <i>Sonya</i>		12:20-1:05 Yoga <i>Julia</i> <i>*Please bring a mat</i>		12:20-1:05 Total Body Blitz <i>Nicole</i>		12:20-1:05 Barre <i>Trudy</i>		12:20-1:05 Yoga <i>Trudy</i> <i>*Please bring a mat</i>

Starts April 1, 2019

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

Studio A – Cycle Studio

Studio B – Large Studio