






# 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 <b>Well Built</b> <i>Kordi</i>						
11:30-12:15 <b>Power Cycle</b> <i>Shona</i>	11:30-12:15 <b>Step Pump</b> <i>Kordi</i>	11:30-12:15 <b>Hard Core Cycle</b> <i>Angie</i>	11:45-12:15 <b>Well Built Express</b> <i>Kirsten</i>	11:30-12:15 <b>Power Cycle</b> <i>Nicole</i>	11:30-12:15 <b>Super Circuit</b> <i>Darrel</i>	11:45-12:15 <b>Cycle Express</b> <i>Angie</i>	11:30-12:00 <b>Core and More Express</b> <i>Kirsten</i>		11:30-12:15 <b>Well Built</b> <i>Kordi</i>
	12:20-1:05 <b>Crush it!</b> <i>Sonya</i>		12:20-1:05 <b>Yoga</b> <i>Julia</i> <i>*Please bring a mat</i>	12:05-12:50 <b>Oxford Stride (Outdoor)</b> <i>Sonya</i> 	12:20-1:05 <b>Total Body Blitz</b> <i>Nicole</i>		12:20-1:05 <b>Barre</b> <i>Trudy</i>		12:20-1:05 <b>Yoga</b> <i>Trudy</i> <i>*Please bring a mat</i>

**June 3-June 28**

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

Studio A – Cycle Studio

Studio B – Large Studio