








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
		Coming Oct. 1st!	6:30-7:15 Well Built Kordi						
11:30-12:15 Power Cycle Shona	11:30-12:15 Step Pump Kordi	11:30-12:15 Hard Core Cycle Marie	New Time!! 11:30-12:00 Well Built Express Kirsten 	New!! 11:30-12:15 Wicked Watts Andrea	11:30-12:15 Super Circuit Darrel	11:45-12:15 Cycle Express Angie	11:30-12:00 Core and More Express Kirsten		11:30-12:15 Well Built Kordi
	12:20-1:05 Metabolic Mash-up Judi New!!		12:20-1:05 Yoga Julia *Please bring a mat		12:20-1:05 Total Body Blitz Angie		12:20-1:05 Barre Trudy		12:20-1:05 Yoga Trudy *Please bring a mat



Begins September 9, 2019

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

Studio A – Cycle Studio

Studio B – Large Studio