



Group Fitness Schedule

September 26 - December 17th, 2022

- Adult (16+)
- * Studio
- ~ Gymnasium

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM		MUSCLE FIT* 6:15-7:00AM	TRX* 6:15-7:00AM	CYCLE* 6:15-7:00AM GENTLE YOGA* 7:00-8:00AM	STRENGTH FIT* 6:15-7:00AM		
8AM		CYCLE & CORE ~ 8:30-9:15AM	TRX* 8:30-9:15AM	CYCLE & CORE ~ 8:30-9:15AM	TRX* 8:30-9:15AM	CYCLE & CORE ~ 8:30-9:15AM	
9AM		AQUA FIT 9:00-9:45 GENTLE YOGA* 9:30-10:15AM	STRENGTH FIT ~ 9:30-10:15AM CHAIR YOGA* 9:30-10:15AM	AQUA FIT 9:00-9:45 ARRIBA* 9:30-10:15AM	MUSCLEFIT ~ 9:30-10:15AM	AQUA FIT 9:00-9:45 PILATES * 9:30-10:15AM	
10AM		FOREVER FIT * 10:30-11:30AM	ACTIVE YOGA* 10:30-11:15AM AQUA FIT 10:30-11:15	CHAIR FIT* 10:30-11:15AM	GENTLE YOGA* 10:30-11:45AM AQUA FIT 10:30-11:15		
12PM		LOUD CYCLE* 12:10-12:45PM	BOOT CAMP * 12:10-12:45PM AQUA LITE 12:00-12:45PM	MUSCLE FIT* 12:10-12:45PM GENTLE AQUA 12:00-12:45PM	PILATES STRENGTH* 12:10-12:45PM AQUA LITE 12:00-12:45PM	ARRIBA* 12:10-12:45PM	
1PM							
4PM							
5PM		ZUMBA* 5:30-6:15PM	MUSCLE FIT* 5:30-6:15PM	BARRE* 5:30-6:15PM	CYCLE* 5:30-6:15PM		
7PM			BEGINNERS YOGA* <i>PRE REGISTRATION REQUIRED</i> 6:30—7:15	AQUA FIT 7:00-7:45PM			