

THANKSGIVING

GROUP FITNESS SCHEDULE



MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7:30am-8:15am	Mat Pilates	Sarah	Studio C
9:00am - 9:45am	Sunrise Cycle	Leanne	Cycle Studio
10:00am - 10:45am	Cardio Kickboxing	Katy	Studio B
11:00am - 11:30am	Muscle Work	Katy	Studio B
12:00pm - 12:45pm	Vinyasa Yoga	Joey	Studio C
4:30pm - 5:30pm	Barre Burn	Kim	Studio B
5:15pm - 6:00pm	Hatha Raja Yoga	Kali	Studio C
5:45pm - 6:30pm	Cycle45	Kim	Cycle Studio
7:00 pm - 8:00pm	Zumba!	Katie H	Studio B

TUESDAY

6:30am - 7:30am	Total Body Conditioning	Emma	Studio B
7:00am - 7:45am	Vinyasa Yoga	Celia	Studio C
9:30am - 10:30am	Yoga Sculpt	Aga	Studio C
12:15pm-1:00pm	Cardio Kickboxing	Abi	Studio B
5:45pm - 6:30pm	Mat Pilates	Sarah	Studio B
6:45pm - 7:30pm	Deep Stretch	Sarah	Studio B
7:15pm - 8:15pm	Vinyasa Yoga	Mary	Studio C

WEDNESDAY

9:45am - 10:30am	Yoga: Vinyasa Flow	Carrie	Studio C
12:00pm - 12:45pm	HIIT: Cardio	Katy	Studio B
12:15pm - 1:00pm	Cycle45	Joey	Cycle Studio
5:45pm - 6:30pm	Butts & Guts	Sarah	Studio B
7:15pm - 8:15pm	Vinyasa Yoga	Mary	Studio C
7:00pm - 7:45pm	Zumba	Nicole	Studio D

THURSDAY

NO CLASSES ON THANKSGIVING DAY

FRIDAY

12pm - 12:45pm	Hatha Raja Yoga	Joey	Studio C
----------------	-----------------	------	----------

SATURDAY

10:00am - 10:45am	Total Body Conditioning	Sarah	Studio B
11:00am - 11:30am	Abs & Stretch	Sarah	Studio B