

GROUP FITNESS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:00am - 10:45am	Cardio Kickboxing	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

9:15am - 10:00am	Cycle & Vibe	Leanne	Cycle Studio
12:15pm-1:00pm	Cardio Kickboxing	Abi	Studio B
4:00pm - 5:00pm	Restorative Yoga	Hannah	Studio C
5:15pm - 6:15pm	Barre Burn	Kim	Studio B
5:45pm - 6:30pm	Total Body Conditioning	Emma	Studio C
6:45pm - 7:30pm	Deep Stretch	Emma	Studio B
7:15pm-8:15pm	Vinyasa Yoga	Mary	Studio C

WEDNESDAY

12:00pm - 12:45pm	HIIT: Cardio	Katy	Studio B
12:15pm - 1:00pm	Cycle45	Joey	Cycle Studio
4:00pm - 4:45pm	Barre Burn	Kim	Studio B
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

10:00am 10:45am	Track Training	Abi	Track
4:00pm - 4:45pm	Cycle 45	Kim	Cycle Studio
5:00pm - 5:45pm	Butts & Guts	Kim	Studio B
6:30pm - 7:15pm	Hatha Raja Yoga	Kali	Studio C
7:30pm - 8:30pm	Vinyasa Yoga	Katie M	Studio C

FRIDAY

12:00pm- 12:45pm	Cycle45	Katy	Cycle Studio
12pm- 12:45pm	Hatha Raja Yoga	Joey	Studio C
5:15pm - 6:00pm	Hatha Raja Yoga	Kali	Studio C

SATURDAY

10:00am - 11:00am	Barre Burn	Emma	Studio C
11:15am - 12:15pm	Mat Pilates	Emma	Studio C
12:15pm - 1:15pm	Zumba!	Melanie	Studio B

SUNDAY

9:15am - 10:15am	Restorative Yoga	Hannah	Studio C
10:00am - 10:45am	Cycle45	Katy	Cycle Studio