

## FALL GROUP EXERCISE SCHEDULE: SEPTEMBER 4 – DECEMBER 31, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO	<p><b>6:45 am</b> Weighted Workout (45 min) - Karen</p> <p><b>8:00 am</b> Step - Nancy</p> <p><b>9:15 am</b> Boxing Bootcamp - Selena</p> <p><b>10:30 am</b> Yogilates - Justine</p> <p><b>12:15 pm</b> Nia - Gabi</p> <p><b>4:00 pm</b> Hip Hop - Tamarr</p> <p><b>5:30 pm</b> Fierce 45 - Tamarr</p> <p><b>6:30 pm</b> Yoga Sculpt - Adam</p>	<p><b>6:00 am</b> Yoga Sculpt - Garth</p> <p><b>9:00 am</b> Cardio Sculpt - Nancy</p> <p><b>10:30 am</b> Foundations - Patrick</p> <p><b>12:15 pm</b> Lunchtime Lift (45 min) - Selena</p> <p><b>5:30 pm</b> Fierce 45 - Selena</p> <p><b>6:30pm</b> Zumba - Lauren</p>	<p><b>6:45 am</b> Weighted Workout (45 min) - Karen</p> <p><b>8:00 am</b> Step - Nancy</p> <p><b>9:00 am</b> Boxing Bootcamp - Arturo</p> <p><b>10:30 am</b> Pilates - Sara</p> <p><b>12:15 pm</b> Lunchtime Lift (45 min) - Tamarr</p> <p><b>5:30 pm</b> Non Stop - Tamarr</p> <p><b>6:30 pm</b> Karate Series (6 weeks) - Greg <b>NEW</b></p>	<p><b>6:00 am</b> Yoga Sculpt - Sean</p> <p><b>9:00 am</b> Fierce 45 - Arturo</p> <p><b>10:30 am</b> Foundations - Patrick</p> <p><b>12:15 pm</b> Lunchtime Lift (45 min) - Tamarr</p> <p><b>5:30 pm</b> Fierce 45 - Selena</p> <p><b>6:30 pm</b> LaCore Dance - Yulia</p>	<p><b>6:45 am</b> Weighted Workout (45 min) - Karen</p> <p><b>9:00 am</b> Cardio Circuit - Courtney</p> <p><b>10:30 am</b> Total Body Conditioning - Danette</p> <p><b>12:15 pm</b> Nia - Gabi</p> <p><b>5:30 pm</b> Hip Hop - Tamarr</p>	<p><b>8:00 am</b> Boxing - Arturo</p> <p><b>9:30 am</b> Yoga Sculpt - Adam</p> <p><b>11:00 am</b> Belly Fit - Harmony</p>	<p><b>9:00 am</b> Yoga Sculpt - Adam</p> <p><b>10:30 am</b> Pilates - Sara/Debbie</p> <p><b>11:30 am</b> Yoga Sculpt (75 min) - Garth</p>
STUDIO 2	<p><b>7:00 am</b> Restorative Yoga - Lani</p> <p><b>9:15 am</b> Yoga Level II (75 min) - Emma</p> <p><b>10:45 am</b> Tai Chi - Chris</p> <p><b>12:15 pm</b> Yoga Level I - Dawn</p> <p><b>5:15 pm</b> Power Yoga – Tim</p> <p><b>6:30 pm</b> Yoga Multi Level (75 min) - Sven</p>	<p><b>8:00 am</b> Barre Fusion - Connie</p> <p><b>9:00 am</b> Yoga Flow (75 min) - Danel</p> <p><b>10:30 am</b> Barrefit (45 min) - Beth</p> <p><b>11:30 am</b> Yoga Multi Level (75 min) - Karl</p> <p><b>1:00 pm</b> Yoga Sculpt (45 min) - Sarah</p> <p><b>5:30 pm</b> Yoga Level II (75 min) - Tim</p>	<p><b>7:00 am</b> Yoga Level II (75 min) - Romi</p> <p><b>9:30 am</b> Gentle Yoga - Gloria</p> <p><b>10:45 am</b> Tai Chi - Chris</p> <p><b>12:15 pm</b> Yoga Level I (75 min) - Nicole</p> <p><b>5:15 pm</b> Yoga Sculpt - Sean</p> <p><b>6:30 pm</b> Power Yoga - Marq</p>	<p><b>8:00 am</b> Barre Fusion - Connie</p> <p><b>9:00 am</b> Power Yoga - Cynthia</p> <p><b>10:30 am</b> Barrefit (45 min) - Beth</p> <p><b>11:30 am</b> Yoga Multi Level (75 min) - Paul</p> <p><b>1:00 pm</b> Yoga Sculpt (45 min) - Brooke</p> <p><b>5:30 pm</b> Yoga Level II (75 min) - Marq</p>	<p><b>7:00 am</b> Yoga Level II (75 min) - Danel</p> <p><b>9:15 am</b> Yoga Level II (75 min) - Tina</p> <p><b>10:45 am</b> Tai Chi - Chris</p> <p><b>12:15 pm</b> Barrefit - Beth</p> <p><b>5:30 pm</b> Yoga Level II (75 min) - Marq</p>	<p><b>10:00 am</b> Yoga Level I (45 min) - Steven</p> <p><b>11:30 am</b> Yoga I (75 min) - Carol</p>	<p><b>9:00 am</b> Yoga Level II (75 min) - Tim</p> <p><b>10:30 am</b> Zumba - Lauren</p>
SPIN	<p><b>5:45 am</b> Spin (45 min) - Karen</p> <p><b>9:15 am</b> Spin (45 min) - Becky</p> <p><b>12:15 pm</b> Spin (45 min) - Kara</p> <p><b>5:30 pm</b> Endurance Spin - Becky</p>	<p><b>6:45 am</b> Spin (45 min) - Monse</p> <p><b>9:15 am</b> Spin (45 min) - Sergio</p>	<p><b>5:45 am</b> Spin (45 min) - Karen</p> <p><b>9:15 am</b> Spin (45 min) - Heidi</p> <p><b>12:15 pm</b> Spin (45 min) - Kirk</p> <p><b>5:30 pm</b> Endurance Spin - Becky</p>	<p><b>6:45 am</b> Spin (45 min) - Monse</p> <p><b>9:15 am</b> Spin - Kara</p> <p><b>5:30 pm</b> Endurance Spin - Sergio</p>	<p><b>5:45 am</b> Spin (45 min) - Charlotte</p> <p><b>9:15 am</b> Spin (45 min)**</p> <p>- Charlotte</p> <p><b>12:15 pm</b> Spin (45 min) - Kirk</p> <p><b>** Reservation required</b></p>	<p><b>7:00 am</b> Spin - Karen</p> <p><b>9:00 am</b> Spin Yoga* (Yoga 10:00 am, Studio 2) - Steven</p> <p><b>* Two-part class</b></p>	<p><b>8:15 am</b> Spin (45 min) - Karen</p> <p><b>9:15 am</b> Spin - Debbie</p> <p><b>5:15 pm</b> Spin (45 min) - Sergio</p>
AQUA	<p><b>7:00 am</b> Fitness Swim - Nancy</p> <p><b>9:00 am</b> Aqua Aerobics - Amy</p>	<p><b>6:00 pm</b> Fitness Swim - Annie</p>	<p><b>7:00 am</b> Fitness Swim - Nancy</p> <p><b>5:30 pm</b> Aqua Aerobics - Teresa/Inger</p>	<p><b>9:00 am</b> Aqua Aerobics - Nancy</p> <p><b>6:00 pm</b> Fitness Swim - Nancy</p>	<p><b>7:00 am</b> Fitness Swim - Annie</p> <p><b>9:00 am</b> Deep Water Aqua Aerobics - Nancy</p>	<p><b>9:00 am</b> Aqua Aerobics - Inger</p>	<p><b>9:30 am</b> Aqua Aerobics - Karen</p>