

WINTER / SPRING GROUP EXERCISE SCHEDULE: JANUARY 7 – MAY 31, 2019

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