

## SBAC - Group X Schedule with our Women Instructors

### Monday:

- 6:00 – 6:45 am: Fierce 45 with Heidi Reyes
- 7:00 – 8:00 am: Restorative Yoga with Lani Wollschlager
- 9:30 – 9:45 am: Spin with Bess Scribner
- 9:00 – 10:15 am: Yoga Level 2-3 with Morgan Solorio
- 10:30 – 11:15 am: Barre Fusion with Justine Perizzo
- 5:30 – 6:15 pm: Barre Fusion with Miranda Kolias

### Tuesday:

- 6:00 – 6:45 am: Fierce 45 with Tawnee Talley
- 7:00 - 7:45 am: Spin with Samantha Bankston
- 9:00 – 10:00 am: Aqua Aerobics with Teresa Koontz
- 10:30 – 11:15 am: Barre Fusion with Justine Perizzo
- 5:30 – 6:30 pm: Cardio Dance with Krystal Belluomini

### Wednesday:

- 5:45 - 6:30 am: Spin with Tawnee Talley
- 7:00 – 7:45 am: Weighted Workout with Karen Kledzik
- 7:00 – 8:00 am: Yoga Sculpt with Brooke Lyn Landon
- 9:00 – 10:15 am: Yoga Level 1-2 with Romi Cumes
- 10:30 – 11:15 am: Barre Fusion with Justine Perizzo
- 4:00 – 4:45 pm: Fierce 45 with Amit Subar
- 5:30 – 6:15 pm: Barre Fusion with Miranda Kolias
- 5:30 – 6:15 pm: Yoga Sculpt with Samantha Bankston
- 6:30 – 7:45 pm: Flow & Restore with Aneta Jensen
- 6:30 – 7:30 pm: Latin Dance with Yulia Maluta

### Thursday:

- 6:00 – 6:45 am: Fierce 45 with Heidi Reyes

- 7:00 - 7:45 am: Spin with Emily Morris
- 9:00 – 10:00 am: Aqua Aerobics with Karen Kledzik
- 9:00 – 10:15 am: Yoga Level 2-3 with Kylie Wagner
- 10:30 – 11:15 am: Barre Fusion with Teri Klobucher
- 12:30 – 1:15 pm: Fierce 45 with Amit Subar
- 5:30 – 6:30 pm: Cardio Dance with Krystal Belluomini
- 5:30 – 6:30 pm: Yoga Sculpt with Sofia Silva

**Friday:**

- 6:00 - 6:45 am: Fierce 45 with Amit Subar
- 7:00 – 8:00 am: Restorative Yoga with Mitsuko Conner Newlan
- 7:00 – 7:45 am: Weighted Workout with Karen Kledzik
- 9:00 – 10:00 am: Aqua Aerobics with Amy Von Protz
- 9:00 – 9:45 am: Spin with Beth Eisele
- 9:00 – 10:15 am: Yoga Level 2-3 with Yulia Martchenko
- 9:15 – 10:00 am: Fierce 45 with DeEtte Lamar
- 10:30 – 11:15 am: Pilates with Emily Morris
- 12:00 – 1:00 pm: Yoga Sculpt with Natasha Hughes
- 5:30 – 6:30 pm: All Level Yoga with Yulia Maluta
- 5:30 – 6:15 pm: Fierce Friday Night with Kathryn Strauss

**Saturday:**

- 8:00 – 8:45 am: Fierce 45 with Samantha Bankston
- 9:00 – 10:00 am: Aqua Aerobics with Teresa Koontz
- 9:15 – 10:15 am: Yoga Sculpt with Samantha Bankston
- 11:00 am – 12:00 pm: Pilates with Liv Kindloson
- 11:30 am – 12:45 pm: Yoga Level 1-2 with Carol Whitehurst

**Sunday:**

- 10:30 – 11:30 am: Yoga Sculpt with Samantha Bankston