



GROUP EXERCISE CLASS SCHEDULE - January 2021

(*Please note: Inclement weather may cause some classes to come indoors*)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Bootcamp (F) Ivan - 60 min	Bootcamp (F) Donna - 60 min		Bootcamp (F) Donna - 60 min			
6:00 AM			Yoga (V) Kathryn - 60 min		Cycle (O) Beth - 45 min		
6:00 AM			Cycle (O) Donna - 45 min				
7:00 AM	Chair Yoga (V) Kathryn - 60 min				Chair Yoga (V) Kathryn - 60 min		
7:30 AM		Yoga Sculpt (SA) Raman - 45 min					
8:00 AM						Cycle (O) Shira/Caroline 45 min	
8:15 AM		DANCE (V) Katherine R. - 60 min		DANCE (V) Katherine R. - 60 min			
9:00 AM	Muscle/Stretch (V) Heidi - 50 min			HIIT (O) Barbara - 50 min			
9:30 AM	Cycle (O) Lauren - 45 min	Cycle (O) TBD- 45 min	Cycle (O) Nicole - 45 min	Cycle (O) TBD -45 min	Cycle (O) Lauren - 45 min	Zumba (V) Edith - 60 min	
10:00 AM	Keeping Fit (V) 50 min	Barre (V) Jessica- 60 min	Keeping Fit (V) 50 min				HIIT (V) Caroline - 45 min
10:30 AM					Keeping Fit (SA) Louise - 60 min		
11:00 AM	Pilates (V) Tracy - 60 min				Pilates (V) Jess - 60 min		Bolly X (V) Brittany/Doris/Ki m- 60 min
11:15 AM							Cycle (O) Caroline V. 45 min
5:00PM		Yoga (SA) Michelle					
6:00 PM				Cycle (O) Caroline 45 min	Bolly X (V) Purnima 60 min		
6:15 PM	Cycle (O) Caroline V.- 45 min		Yoga (V) Ben - 60 min				
6:30 PM		Cycle (O) Clarence - 45 min Muscle Conditioning (SA) Rosella - 60 min		Muscle Conditioning (SA) Rosella - 60 min			
7:30 PM	Zumba (V) Michelle - 60 min						
(F) = Field		(O) = Outside by the track		(SA) = Studio A		(V) = Virtual	

