



GROUP EXERCISE CLASS SCHEDULE - November 2020

(*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 (T) Donna - 45 min	Cycle (T) Beth - 45 min		
7:00 AM	Chair Yoga (V) Kathryn - 60 min				Chair Yoga (V) Kathryn - 60 min		
7:30 AM		Yoga Sculpt (T) Raman - 45 min					
8:00 AM						Cycle (T) 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 (V) Barbara - 50 min				
9:30 AM	Cycle (T) Lauren-45min	Cycle (T) TBD- 45 min	Cycle (T) Nicole - 45 min	Cycle (T) TBD -45 min	Cycle (T) Lauren - 45 min	Zumba (V) Edith - 60 min	
10:00 AM	Keeping Fit(V) Kylie- 50 min	Barre (V) Jessica- 60 min	Keeping Fit (V) Kylie - 50 min				HIIT (F) Caroline - 45 min
10:30 AM					Keeping Fit (T)(S/A <small>in bad weather</small>) Louise - 60 min		
11:00 AM	Pilates (V) Tracy - 60 min				Pilates (V) Jess - 60 min		Bolly X (V) Brittany/Doris/Kim-60 min
11:15 AM							Cycle (T) Caroline V. 45 min
6:00 PM				Cycle (T) Caroline 45 min			
				Bolly X (V) Purnima 60 min			
6:15 PM	Cycle (T) Caroline V.- 45 min		Yoga (T) Ben - 60 min				
6:30 PM		Cycle (T) Clarence - 45 min	Muscle Conditionin g (SA) Rosella-60 min		Muscle Conditioning (SA) Rosella - 60 min		
7:30 PM	Zumba (V) Michelle - 60 min						

(F) = Field

(T) = Tent by the track

(SA) = Studio A

(V) = Virtual