



# GROUP EXERCISE CLASS SCHEDULE - October 2020

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) Beth - 45 min		
6:00 AM			Cycle (T) Donna - 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	
8:30 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 - 45 min	Tabata Cycle (T) Jane- 45 min	Cycle (T) Nicole - 45 min	Rhythm Ride (T) Jane -45 min	Cycle (T) Lauren - 45 min	Zumba (V) Edith - 60 min	
10:00 AM	Keeping Fit (V) Jane- 50 min	Barre (V) Jessica- 60 min	Keeping Fit (V) Jane - 50 min				HIIT (V) Caroline - 45 min
10:30 AM					Keeping Fit (T) Louise - 60 min		
11:00 AM	Pilates (V) Tracy - 60 min				Pilates (V) Jess - 60 min		Bolly X (V) Brittany/Doris/Kim - 60 min
6:00 PM				Bolly X (V) Purnima - 60 min			
6:15 PM	Cycle (T) Caroline V.- 45 min		Yoga (F) Ben - 60 min				
6:30 PM		Cycle (T) Clarence - 45 min		Muscle Conditioning (AU) Rosella - 60 min			
		Muscle Conditioning (AU) Rosella - 60 min					
7:30 PM	Zumba (V) Michelle - 60 min						
<b>(F) = Field</b>		<b>(T) = Tent by the track</b>		<b>(AU) = Auditorium</b>		<b>(V) = Virtual</b>	

