



GROUP EXERCISE CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Bootcamp (F) Donna - 60 min		Bootcamp (F) Donna - 60 min			
6:00 AM	Bootcamp (F) Ivan - 60 min		Yoga (V) Kathryn - 60 min				
6:15 AM			Cycle (PL) Donna - 45 min		Cycle (PL) Beth - 45 min		
7:00 AM	Chair Yoga (V) Kathryn - 60 min				Chair Yoga (V) Kathryn - 60 min		
7:30 AM		Yoga Sculpt (F) Raman - 45 min	DANCE (V) Katherine R. - 60 min	DANCE (V) Katherine R.- 60 min			
8:00 AM						Cycle (PL) Shira/Caroline - 45 min	
9:00 AM	Muscle/Stretch (V) Heidi - 50 min		HIIT (V) Barbara - 50 min				
9:30 AM	Cycle (PL) Lauren - 45 min	Cycle (PL) Jane/Beth - 45 min	Cycle (PL) Nicole - 45 min	Cycle (PL) Jane -45 min	Cycle (PL) Shira/TBD - 45 min	Zumba (V) Edith - 60 min	
10:00 AM	Keeping Fit (V) Jane/TBD - 60 min	Barre (V) Jessica- 60 min	Keeping Fit (V) Jane/TBD - 50 min				HIIT (V) Caroline - 45 min
11:00 AM	Pilates (V) Jessica - 60 min				Pilates (V) Jessica - 60 min		Bolly X (V) Brittany/Doris/Kim - 60 min
6:00 PM				Bolly X (V) Purnima - 60 min			
6:15 PM	Cycle (PL) Caroline V.- 45 min		Yoga (F) Ben - 60 min				
6:30 PM		Cycle (PL) Clarence - 45 min Muscle Conditioning (AU) Rosella - 60 min		Muscle Conditioning (AU) Rosella - 60 min			
7:30 PM	Zumba (V) Michelle - 60 min						
(F) = Field		(PL) = Parking Lot		(AU) = Auditorium		(V) = Virtual	