

Group Exercise Schedule – November 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45 AM	Bootcamp (F) Ivan - 60 min	Bootcamp (F) Donna - 60 min	Cycle (O) Donna - 45 min	Bootcamp (F) Donna - 60 min	Cycle (O) Beth - 45 min			
6:00 AM			Yoga (SA/V) Kathryn - 60 min					
7:00 AM	Chair Yoga (SA/V) Kathryn - 60 min		Chair Yoga (SA/V) Kathryn - 60 min		Chair Yoga (SA/V) Kathryn - 60 min			
7:30 AM		Yoga Sculpt (SA/V) Raman 45 min						
8:00 AM						Cycle (O) Shira/Caroline 45 min		
8:30AM	Swimnastics (SP) Kathryn	DANCE (O/A/V) Katherine R. - 45 min	Swimnastics (SP) Kathryn 8:30am Total Body HIIT - 45 min Nicole (SA/V)	DANCE O/(A/V) Katherine R. - 45 min				
9:00 AM	Muscle/Stretch (SA+V) Heidi 50 m				Body Weight & Stretch Heidi (SA+V) 50 min			
9:30 AM	Cycle (O) Caroline W. - 45 min	Cycle (O) Lauren- 45 min	Swimnastics (SP) Louise	Cycle (O) Nicole - 45 min	Cycle (O) Lauren- 45min	Swimnastics (SP) Louise	Cycle (O) Caroline W/ Sarah - 45 min	Zumba (O or A +V) Edith - 45 min
10:00 AM	Keeping Fit (SA +V) Michelle 50 min	Barre (SA +V) Jessica- 60 min	Keeping Fit (SA +V) Michelle -50 min				Bolly X (A/V) Kim/Heather- 50 min	
10:30 AM		Have A Ball (A) Lauren		Have A Ball (A) Lauren	Keeping Fit (SA) Louise - 60 min			
11:00 AM	Pilates (SA +V) Tracy - 60 min		Pilates (SA +V) Tracy - 60 min		Pilates (A + V) Jess - 60 min			
11:15 AM							Cycle (O) Caroline V.- 45 min	
5:00 PM		Yoga (SA and V) Michelle						
6:00 PM			Zumba (O/A +V) Edith - 45 min					
6:15 PM	Cycle (O) Caroline V.- 45 min			Cycle (O) Caroline V. 45 min				
6:30 PM		Cycle (O) Clarence - 45 min Muscle Conditioning (A) Rosella - 60 min		Muscle Conditioning (A) Rosella - 60 min				
7:00 PM	Zumba (A/V) Michelle - 45 min							
(G) = Gym		(O) = Outside		(G) = Gym (A) = Auditorium (SA) = Studio A			(V) = Virtual	