

MONDAY

5:45am - Group Power (3)
 6:30am - Group Ride (1)
 7:45am - Group Centergy (2)

8:15am - R30 (1)
 8:30am - Zone Training (4)
 8:45am - Group Active (3)
 9:15am - Group Groove (2)
 10:00am - Zone Training (4)
 10:30am - Group Core (3)
 10:45am - Sit & Be Fit (2) **

11:00am - R30 (1)
 11:45am - Group Power (3)
 12:00pm - Yoga (2)
 12:15pm - R30 (1)

2:15pm - Yoga (2)
 3:15pm - Group Ride (1)
 3:45pm - Sit & Be Fit (2)**

TUESDAY

6:15am - R30 (1)
 7:00am - Yoga (2)

8:00am - Group Active (3)
 8:15am - Group Ride (1)
 8:30am - Pilates (2)
 9:45am - Group Power (3)
 10:00am - Zumba (2)

11:00am - R30 (1)
 11:15am - Zone Training (4)
 11:45am - Group Power (3)
 12:00pm - Yoga (2)
 1:30pm - Group Blast (3)

2:15pm - Yoga (2)
 3:45pm - Sit & Be Fit (2)**

5:30pm - Group Power (3)
 5:45pm - Yoga (2)

WEDNESDAY

5:45am - Group Power (3)
 6:30am - Group Ride (1)
 7:45am - Group Centergy (2)

8:30am - Zone Training (4)
 8:45am - Group Active (3)
 9:15am - Group Groove (2)
 10:00am - Zone Training (4)
 10:30am - Group Core (3)
 10:45am - Sit & Be Fit (2) **

11:00am - R30 (1)
 11:45am - Group Power (3)
 12:00pm - Yoga (2)
 12:15pm - R30 (1)

2:15pm - Yoga (2)
 3:15pm - Group Ride (1)
 3:45pm - Sit & Be Fit (2)**

THURSDAY

6:15am - R30 (1)
 7:00am - Yoga (2)

8:00am - Group Active (3)
 8:15am - Group Ride (1)
 8:30am - Pilates (2)
 9:45am - Group Power (3)
 10:00am - Zumba (2)

11:00am - R30 (1)
 11:15am - Zone Training (4)
 11:45am - Group Power (3)
 12:00pm - Yoga (2)
 1:30pm - Group Blast (3)

2:15pm - Yoga (2)
 3:45pm - Sit & Be Fit (2)**

5:30pm - Group Power (3)
 5:45pm - Yoga (2)

FRIDAY

5:45am - Group Power (3)
 6:30am - Group Ride (1)
 7:45am - Group Centergy (2)

8:15am - R30 (1)
 8:30am - Zone Training (4)
 8:45am - Group Active (3)
 9:15am - Group Groove (2)
 10:00am - Zone Training (4)
 10:30am - Group Core (3)
 10:45am - Sit & Be Fit (2)**

11:00am - R30 (1)
 11:45am - Group Power (3)
 12:00pm - Yoga (2)
 12:15pm - R30 (1)

3:15pm - Group Ride (1)
 3:45pm - Sit & Be Fit (2)**

SATURDAY

8:15am - Group Ride (1)
 9:00am - Group Active (3)
 9:30am - Yoga (2)
 10:00am - Zone Training (4)
 10:45am - Group Power (3)

11:00am - R30 (1)
 11:15am - Sit & Be Fit (2)**
 12:15pm - Chair Yoga (2)
 1:30pm - Group Blast (3)

SUNDAY

10:15am - Group Fight (2)

11:45am - Yoga (2)

2:15pm - Yoga (2)



CLASS LOCATION KEY

Studio #1 - 1st Floor Cycling Studio (1) | Studio #2 - 1st Floor Studio (2)
 Studio #3 - 3rd Floor Studio (3) | Zone - 1st Floor Training Space (4)

50% class capacity restrictions in place.
 Equipment will be pre-staged for participants prior to class.
 Members are not to move equipment from designated spots.
 Congregating outside or inside studio before or after class is not allowed.