

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5:45am - Group Power (2)
 6:00am - Zone Training (4)
 7:30am - Group Centergy (3)
 7:45am - R30 (1)

5:45am - R30 (1)
 6:20am - Group Core (2)
 7:30am - Yoga (3)
 7:45am - Group Ride (1)

5:45am - Group Power (2)
 6:00am - Zone Training (4)
 7:30am - Group Centergy (3)
 7:45am - R30 (1)

5:45am - R30 (1)
 6:20am - Group Core (2)
 7:30am - Yoga (3)
 7:45am - Group Ride (1)

5:45am - Group Power (2)
 6:00am - Zone Training (4)
 7:30am - Group Centergy (3)
 7:45am - R30 (1)

8:00am - Group Active (2)
 8:45am - Group Ride (1)
 9:00am - Yoga (3)
 9:45am - Group Active (2)
 10:15am - R30 (1)
 10:30am - Zumba (3)

8:00am - Group Power (2)
 9:00am - Pilates (3)
 9:15am - R30 (1)
 9:45am - Group Power (2)
 10:15am - Group Ride (1)
 10:30am - Zumba (3)

8:00am - Group Active (2)
 8:45am - Group Ride (1)
 9:00am - Yoga (3)
 9:45am - Group Active (2)
 10:15am - R30 (1)
 10:30am - Zumba (3)

8:00am - Group Power (2)
 9:00am - Pilates (3)
 9:15am - R30 (1)
 9:45am - Group Power (2)
 10:15am - Group Ride (1)
 10:30am - Zumba (3)

8:00am - Group Active (2)
 8:45am - Group Ride (1)
 9:00am - Yoga (3)
 9:45am - Group Active (2)
 10:15am - R30 (1)
 10:30am - Zumba (3)

8:15am - Yoga (3)
 8:30am - R30 (1)
 9:00am - Group Power (2)
 9:30am - Group Ride (1)
 9:45am - Yoga (3)
 11:00am - Group Active (2)
 11:15am - R30 (1)
 11:30am - Group Fight (3)
 1:00pm - Healthy Lifestyle (2)
 2:30pm - Zumba (3)

8:30am - Group Blast (3)
 10:15am - Yoga (3)
 10:30am - Group Power (2)
 10:45am - Group Ride (1)
 11:45am - Zumba (3)
 12:15pm - R30 (1)
 2:15pm - Yoga (3)

11:30am - Group Ride (1)
 11:45am - Group Power (2)
 12:00pm - Just Balance (3)
 2:15pm - Yoga (3)

11:30am - Group Active (2)
 12:00pm - Yoga (3)
 1:00pm - Zone Training (4)
 2:15pm - Zumba (3)
 2:30pm - Healthy Lifestyle (2)

11:30am - Group Ride (1)
 11:45am - Group Power (2)
 12:00pm - Just Balance (3)
 2:15pm - Yoga (3)

11:30am - Group Active (2)
 12:00pm - Yoga (3)
 1:00pm - Zone Training (4)
 2:15pm - Zumba (3)
 2:30pm - Healthy Lifestyle (2)

11:30am - Group Ride (1)
 11:45am - Group Power (2)
 12:00pm - Just Balance (3)
 2:15pm - Zumba (3)

5:15pm - R30 (1)
 5:45pm - Group Power (2)
 6:00pm - Yoga* (3)

5:15pm - R30 (1)
 5:45pm - Group Blast (3)

5:15pm - R30 (1)
 5:45pm - Group Power (2)

5:15pm - R30 (1)
 5:45pm - Group Blast (3)

Class Location Key

Group Exercise Studio #1 = Cycling Studio (1)
 Group Exercise Studio #2 = Studio (2)
 Group Exercise Studio #3 = Mind/Body Studio (3)
 Functional Training Turf = Turf (4)

All class reservations will be held until 5 minutes prior to class start time.
 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.

