

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)	5:45am - Group Ride (1) 7:00am - R30 (1) 7:30am - Yoga (2) 7:35am - Group Core (3)	5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)	5:45am - Group Ride (1) 7:00am - R30 (1) 7:30am - Yoga (2) 7:35am - Group Core (3)	5:45am - Group Power (3) 6:30am - Group Ride (1) 6:30am - Recovery Yoga (2) 7:00am - Boot Camp (3) 7:45am - Group Centergy (2)		
8:00am - R30 (1) 8:00am - Group Groove (3) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Zumba (3) 8:45am - Group Blast (2) 9:30am - Group Power (3) 10:00am - Chair Yoga (2) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2) 11:00am - Zone Training (4)	8:00am - Group Groove (3) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Zumba (3) 8:45am - Group Blast (2) 9:30am - Group Power (3) 10:00am - Chair Yoga (2) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2) 11:00am - Zone Training (4)	8:00am - Group Groove (3) 8:00am - R30 (1) 8:30am - Zone Training (4) 9:00am - Pilates (2) 9:15am - Group Active (3) 9:30am - Group Ride (1) 9:45am - Zone Training (4) 10:15am - Group Core (2) 10:30am - Aerobics (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	8:15am - Group Ride (1) 8:15am - Group Blast (2) 9:30am - Group Groove (3) 10:45am - Group Active (3) 11:00am - R30 (1) 11:00am - Sit & Be Fit (2)	10:30am - Zone Training (4) 11:00am - Group Fight (3)
12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2)	12:00pm - Yoga (2) 12:00pm - Group Power (3) 1:00pm - Sit & Be Fit (2) 1:20pm - R30 (1)	12:00pm - Chair Yoga (2) 12:00pm - Group Power (3) 1:00pm - Just Balance (2) 2:00pm - Yoga (2)	12:15pm - Yoga (2) 1:30pm - Group Core (2) 2:15pm - Yoga (2)
2:00pm - Yoga (2) 2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1) 4:00pm - Zumba (3) 5:30pm - Group Centergy (2) 6:15pm - R30 (1)	2:00pm - Yoga (2) 2:30pm - Group Active (3) 5:30pm - Group Power (3) 6:45pm - Yoga (2)	2:00pm - Yoga (2) 2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1) 4:00pm - Group Groove (3) 6:15pm - R30 (1)	2:00pm - Yoga (2) 2:30pm - Group Active (3) 5:30pm - Group Power (3) 6:45pm - Yoga (2)	2:00pm - Healthy Lifestyle (3) 3:00pm - Sit & Be Fit (2) 3:15pm - Group Ride (1)		

CLASS LOCATION KEY
Group Exercise Studio #1 - First Floor Cycling Studio (1)
Group Exercise Studio #2 - First Floor Studio (2)
Group Exercise Studio #3 - Third Floor Studio (3)
Zone Training - First Floor Functional Training Space (4)

Regular Classes = 55 minutes • Group Core & R30 = 30 mins
Please visit MVPSportsClubs.com for exact class end times!