

GROUP FITNESS SCHEDULE

TIMES	Monday		Tuesday		Wednesday		Thursday		Friday		Sat	Sun
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2		
5:45am	Cardio Circuit	Spin	Rogue	Spin	Cardio Circuit		Rogue	Spin	Cardio Circuit	Spin		
5:45am										Yoga/Stretch 3rd fl Stu. B		
8:00am	Definitio n		Barre		Definition		Barre		Definition		7:30 am Rogue Studio 1	
8:30am				Spin		Spin		Spin				
9:00am	Zumba		Zumba		Zumba		Zumba		Zumba			
10:00am		Yoga Flow		Yoga Flow		Yoga Flow		Yoga Flow		Yoga Flow		
11:00am			Chisel	Chair Zumba 3rd floor	Lift		Chisel	Chair Zumba 3rd floor	Lift			
11:30am	Chair Yoga 3rd floor Studio B											
Noon	Rogue		Rogue	Spin	Power Hour		Rogue	Spin	Rogue	Power Yoga		
2:00pm							Tai Chi 3rd floor					
4:30pm	Barre		Power Sculpt		Lift		Power Sculpt					
5:30pm	Rogue	Spin	Lift		Rogue	Spin	Power Hour					
5:30pm 3rd Floor		Tai Chi 3rd floor				Tai Chi 3rd floor Studio B						
5:45pm				Yin Yoga 3rd floor								
6:15pm			Zumba				Zumba					

7:30 am
Rogue
Studio
1

-- 1:15
p.m.
Yoga

---- 9 a.
m.
Zumba
Studio 1

---- 9 a.
m. Yoga
3rd floor

---- 10
a.m.
Spin
Studio 2

---- 10
a.m.
Barre
Studio 1