



# GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool - Turf

Effective: Fall 2018 - Winter 2019

## MONDAY

6:30am-7:30am **Bootcamp** w/ Brendan  
9:00am-10:00am **Pilates** w/ Linda  
9:00am-10:00am **Ride** w/ Dore  
9:30am-10:30am **Bootcamp** w/ Alison  
10:00am-10:30am **BodySculpt Express**  
w/ Dore

## TUESDAY

6:00am-7:00am **Ride** w/ Melissa  
7:00am-7:30am **Bootcamp** w/ Melissa  
8:30am-9:30am **Body Pump** w/ Julie  
9:30am-10:30am **Insanity** w/ Noelle  
9:30am-10:30am **Ride** w/ Dore  
6:00pm-7:00pm **Bootcamp** w/ Alison

## WEDNESDAY

6:00am-7:00am **Bootcamp** w/ Alison  
9:30am-10:30am **Bootcamp** w/ Alison  
9:30am-10:30am **Ride** w/ Andrew  
5:30pm-6:30pm **Pilates** w/ Donna  
6:30pm-7:30pm **Stretch & Roll** w/ Donna  
7:00pm-8:00pm **Boxing Bootcamp** w/ Greg

## THURSDAY

6:00am-6:45am **Ride** w/ Noelle  
6:45am-7:30am **Bootcamp** w/ Melissa  
9:15am-10:15am **Boxing Bootcamp** w/ Greg  
9:15am-10:15am **Ride** w/ Melissa  
9:30am-10:30am **P90X** w/ Noelle  
5:30pm-6:30pm **Barre** w/ Donna

## FRIDAY

6:00am-7:00am **Body Pump** w/ Julie  
8:00am-9:00am **Aqua Fitness** w/ Donna  
8:30am-9:30am **Ride** w/ Andrew  
9:30am-10:30am **Bootcamp** w/ Alison  
9:00am-9:30am **Cardio Blast** w/ Noelle  
9:30am-10:00am **Core Tone** w/ Noelle

## SATURDAY

8:00am-9:00am **Bootcamp** w/ Alison  
8:30am-9:30am **Body Pump** w/ Julie  
9:00am-10:00am **Ride** w/ Noelle  
10:00am-11:00am **Pilates & Barre Fusion**  
w/ Michele

## SUNDAY

8:00am-9:00am **Ride** w/ Melissa  
10:00am-11:00am **Pilates** w/ Donna  
11:00am-12:00pm **Aqua Fitness** w/ Donna

Please contact Nate McGregor [nmcgregor@bossesports.com](mailto:nmcgregor@bossesports.com) for more information