



GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool - Turf

Effective: October 8th, 2018

MONDAY

6:00am-7:00am **Bootcamp** w/ Barbara
 9:00am-10:00am **Pilates** w/ Linda
 9:30am-10:30am **Bootcamp** w/ Alison
 9:00am-10:00am **Ride** w/ Dore
 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 **Bands Buns Bi's & Tris's**
 w/ Melissa
 6:30pm-7:30pm **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

THURSDAY

6:00am-6:45am **Ride** w/ Noelle
 6:45am-7:30am **Bootcamp** w/ Melissa
 9:00am-9:30am **BLAST** w/ Jen
 9:15am-10:15am **Boxing Bootcamp** w/ Greg
 9:15am-10:15am **Ride** w/ Melissa
 9:30am-10:30am **Pure Strength** w/ Jen
 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
 9:30am-10:30am **P90X** w/ Noelle
 10:30am-11:30am **Pilates & Barre Fusion**
 w/ Michele

SATURDAY

8:00am-9:00am **Body Pump** w/ Julie
 8:00am-9:00am **Bootcamp** w/ Alison
 9:00am-10:00am **Ride** w/ Noelle

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 for more information