



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
 9:00am-10:00am **P90X** w/ Noelle
 9:15am-10:15am **Boxing Bootcamp** w/ Greg
 9:15am-10:15am **Ride** w/ Melissa
 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-10:00am **Insanity** w/ Noelle

SATURDAY

8:00am-9:00am **Bootcamp** w/ Alison
 8:00am-9:00am **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 for more information