



# GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool - Turf

Effective: July 8<sup>th</sup>, 2018 - August 31<sup>st</sup>, 2018

## MONDAY

6:00am-7:00am **Bootcamp** w/ Barbara  
 9:00am-10:00am **Pilates** w/ Linda  
 9:30am-10:30am **Bootcamp** w/ Alison  
 9:30am-10:30am **Ride** w/ Dore  
 5:00pm-6:00pm **Pilates** w/ Andy

## 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 **Stretch & Roll** w/ Donna  
 6:30pm-7:30pm **Pilates** 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](mailto:nmcgregor@bossesports.com) for more information