



# GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool - Turf

Effective: January 29th, 2018 - May 31st, 2018

## MONDAY

6:00am-7:00am **Bootcamp** w/ Barbara  
8:00am-9:00am **Aqua Fitness** w/ Donna  
9:00am-10:00am **Pilates** w/ Linda  
9:30am-10:30am **Bootcamp** w/ Alison  
9:30am-10:30am **Ride** w/ Andrew  
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 **Pilates** w/ Donna  
6:30pm-7:30pm **Zumba** w/ Donna  
7:00pm-8:00pm **Kettle Box** w/ Greg

## THURSDAY

6:00am-7:00am **Ride** w/ Andrew  
6:45am-7:30am **Bootcamp** w/ Melissa  
9:00am-10:00am **Boxing Bootcamp** w/ Greg  
9:00am-9:30am **BLAST** w/ Jen  
9:30am-10:30am **Pure Strength** w/ Jen  
5:30pm-6:30pm **Barre** w/ Donna

## FRIDAY

6:00am-7:00am **Body Pump** w/ Julie  
8:30am-9:30am **Ride** w/ Instructor Rotation  
9:30am-10:30am **Bootcamp** w/ Alison

## SATURDAY

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

## SUNDAY

8:00am-9:00am **Ride** w/ Instructor Rotation  
10:00am-11:00am **Pilates** w/ Donna  
11:00am-12:00pm **Zumba** w/ Donna