



GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool - Turf

Effective: June 5th, 2017

MONDAY

6:00am-7:00am **Bootcamp** w/ Barbara
8:00am-9:00am **Water Fitness** w/ Donna
9:00am-10:00am **Bootcamp** w/ Barbara
9:00am-10:00am **Ride** w/ Andrew
10:00am-11:00am **HIIT** w/ Barbara

TUESDAY

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

WEDNESDAY

6:00am-7:00am **Bootcamp** w/ Scott
9:00am-10:00am **Bootcamp** w/ Scott
9:30am-10:30am **Ride** w/ Fawn
10:45am-11:45am **Barre** w/ Michele
5:00pm-6:00pm **Pilates** w/ Donna
6:00pm-7:00pm **Zumba** w/ Donna
7:00pm-8:00pm **Kettle Box** w/ Greg

THURSDAY

6:00am-7:30am **Ride BC** w/ Andrew
9:00am-10:00am **Boxing Bootcamp** w/ Greg
9:00am-9:30am **BLAST** w/ Jen
9:30am-10:30am **Pure Strength** w/ Jen
5:00pm-6:00pm **Barre** w/ Donna
6:15pm-7:15pm **DanceFit** w/ Jennifer

FRIDAY

6:00am-7:00am **Body Pump** w/ Julie
8:30am-9:30am **Ride** w/ Melissa
9:00am-10:00am **Bootcamp** w/ Scott
9:30am-10:30am **Buts & Guts** w/ Melissa

SATURDAY

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

SUNDAY

8:00am-10:00am **Ride BC** w/ Norah
(8:00-9:00am **Ride** & 9:00-10:00am **BC**)