



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/ Norah
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
6:00pm-7:00pm **Body Pump** w/ Norah

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
9:00am-10:00am **Ride** w/ Noelle
10:00am-11:00am **Barre & Pilates Fusion**
w/ Michele

SUNDAY

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