

# Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 a.m.	<i>Cycle</i> Geneive	<b>Tae Bo</b> ® Melanie	<i>Cycle</i> Geneive	<b>Tae Bo</b> ® Melanie	<i>Yoga</i> / Millie <i>Cycle</i> / Geneive
7:00 - 7:30		<i>Xpress Fit</i> / Troy		<i>Xpress Fit</i> / Troy	
8:30 a.m.	<i>Yoga Sadhana</i> Gina		<i>Yoga Sadhana</i> Dianna		<i>Yoga Sadhana</i> Millie
11:45 - 12:30 (11:30 ~ Power Yoga)	<b>TKO Fitness</b> Jason	<b>CrossFit</b> Carol	<b>Power Yoga</b> Gina	<b>Balance &amp; Core</b> Pam	<b>CrossFit</b> Carol
	<i>Cycle</i> / Dianna	<i>Cycle</i> / Judi	<i>Cycle</i> / Pam	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beth
3:00 - 3:30	<i>Xpress Fit</i> / Millie		<i>Xpress Fit</i> / Millie		<i>Ping ~ Pong</i>
3:30 - 4:00		<b>PLYO INTERVAL X</b> Jason / Millie		<b>PLYO INTERVAL X</b> Jason / Millie	
3:45 - 4:45	(3:45 - 4:45 p.m.) Hatha Yoga Gina		(3:45-4:45 p.m.) Hatha Yoga Bryn		
4:00 p.m.	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beatrice		<i>Cycle</i> / Beatrice	
4:30 p.m.		Hatha Yoga Blend Millie		Hatha Yoga Blend Gina	
5:00 p.m.	<b>ZUMBA</b> Katie		<b>ZUMBA Toning</b> Alan		Hatha Yoga Laura
5:45 - 6:45	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beatrice		<i>Cycle</i> / Beatrice	
6:00 - 7:00		<b>Core Circuit</b> Judi	<i>Dance Series</i>	<b>CARDIO BOOT CAMP</b> Scott	