

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 a.m.	<i>Cycle</i> Geneive	Tae Bo ® Melanie	<i>Cycle</i> Genieve	Tae Bo ® Melanie	<i>Yoga</i> / Millie <i>Cycle</i> / Genieve
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)	TKO Fitness Jason	CrossFit Carol	Power Yoga Gina	Balance & Core Pam	CrossFit 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>Ping ~ Pong</i> Open Play (1:00 - 3:15)	<i>Xpress Fit</i> / Millie	<i>Ping ~ Pong</i> Open Play (1:00 - 3:15)	<i>Ping ~ Pong</i>
3:30 - 4:00		<i>New Class</i> <i>Coming Soon!</i>		<i>New Class</i> <i>Coming Soon!</i>	
3:45 - 4:45	(3:45 - 4:45 p.m.) Hatha Yoga Gina		(3:45-4:45 p.m.) Hatha Yoga Millie		
4:00 p.m.	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beatrice		<i>Cycle</i> / Beatrice	
4:00 (CrossFit) 4:45 (Yoga)	CrossFit -outside Carol	(4:45 - 5:45 p.m.) Hatha Yoga Blend Siri		(4:45 - 5:45 p.m.) Hatha Yoga Blend Siri	Open Play (1:00 - 5:00)
5:00 p.m.	ZUMBA Katie		ZUMBA Toning Katie		Hatha Yoga I&II Laura
5:45 - 6:45	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beatrice		<i>Cycle</i> / Beatrice	
6:00 - 7:00		Core Power Judi	<i>Salsa</i> / Jesus	CARDIO BOOT CAMP Scott	