

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 a.m.	<i>Cycle</i> Geneive	Tae Bo ® Melanie	<i>Cycle</i> Geneive	Tae Bo ® Melanie	<i>Yoga</i> / Millie <i>Cycle</i> / Geneive
7:00 - 7:30		<i>Xpress Fit</i> / Millie		<i>Xpress Fit</i> / Millie	
8:30 a.m.	<i>Yoga Sadhana</i> Gina		<i>Yoga Sadhana</i> Bryn		<i>Yoga Sadhana</i> Millie
11:45 - 12:30 (11:30 ~ Power Yoga and Cross Fit)	TKO Fitness Jason	CrossFit Carol	Power Yoga Gina	Balance & Core Pam	CrossFit Carol
	<i>Cycle</i> / M.K.	<i>Cycle</i> / Judi	<i>Cycle</i> / Pam	<i>Cycle</i> / Beatrice	<i>Cycle</i> / M.K.
3:00 - 3:30	<i>Xpress Fit</i> / Troy		<i>Xpress Fit</i> / Troy		<i>Ping ~ Pong</i>
3:30 - 4:00		PLYO INTERVAL X Jason		PLYO INTERVAL X Jason	
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 Crystal		Hatha Yoga Blend Gina	
5:00 p.m.	ZUMBA Toya		ZUMBA Brittany		Hatha Yoga Laura
5:45 - 6:45	<i>Cycle</i> / Beatrice	<i>Cycle</i> / Beatrice		<i>Cycle</i> / Beatrice	Open Play (1:00 - 5:00)
6:00 - 7:00		Core Circuit Judi		CARDIO BOOT CAMP Scott	