

GROUP CLASS SCHEDULE

	AEROBICS STUDIO		SPINNING STUDIO		FREE WEIGHT AREA	
MONDAY	09:15 - 10:05	XCORE	09:15 - 10:05	RPM	09:15 - 09:45	Small Group Circuit
	10:15 - 11:05	BodyPump	18:00 - 18:50	RPM	10:00 - 10:30	Kettlebell Training
	11:15 - 12:05	BodyBalance	20:00 - 20:50	RPM	18:30 - 19:00	TRX Training
	17:15 - 18:05	Step 'n Shape			19:15 - 19:30	ABS Session
	18:15 - 19:05	BodyPump			19:45 - 20:15	Booty Work-Out
	19:15 - 20:05	Zumba				
	20:15 - 21:05	Power Pilates				
TUESDAY	09:15 - 10:05	BodyPump	19:00 - 19:50	RPM	09:15 - 09:45	Small Group Circuit
	10:15 - 11:05	Pilates			10:00 - 11:00	Boxing
	11:15 - 12:05	Yoga			19:15 - 19:30	ABS Session
	17:15 - 18:05	BodyPump				
	18:15 - 19:05	Calisthenics Flow				
	19:15 - 20:05	Shapeburn				
	20:15 - 21:05	Pilates				
WEDNESDAY	09:15 - 10:05	Shapeburn	09:15 - 10:05	RPM	09:15 - 09:45	Strength and Conditioning
	10:15 - 11:05	Pilates	18:15 - 19:05	RPM	09:45 - 10:00	ABS Session
	11:15 - 12:05	Yoga			18:30 - 19:00	Small Group Circuit
	17:15 - 18:05	BodyCombat			19:15 - 19:45	Booty Work-Out
	18:15 - 19:05	Zumba				
	19:15 - 20:05	BodyPump				
THURSDAY	09:15 - 10:05	HIIT Pilates	18:15 - 19:05	RPM	09:15 - 09:45	Booty
	10:15 - 11:05	XCORE			09:45 - 10:00	ABS Session
	11:15 - 12:05	Zumba			18:30 - 18:45	ABS Session
	12:15 - 13:05	BodyPump			19:00 - 19:30	Booty Work-Out
	17:15 - 18:05	BodyBalance				
	18:15 - 19:05	BodyCombat				
	19:15 - 20:05	BodyPump				
FRIDAY	09:15 - 10:05	BodyPump			09:15 - 09:45	Kettlebell Training
	10:15 - 11:05	BodyBalance			10:00 - 10:30	Small Group Circuit
	17:15 - 18:05	BodyPump			18:30 - 19:00	Cable Training
	18:15 - 19:05	Zumba				
SATURDAY	09:15 - 10:05	BodyPump	10:15 - 11:05	RPM	09:30 - 10:00	Small Group Circuit
	10:15 - 11:05	BodyCombat			10:00 - 10:15	ABS Session
	11:15 - 12:05	BodyPump			10:30 - 11:30	Boxing
	12:15 - 13:05	Pilates				
SUNDAY	09:15 - 10:05	Zumba	09:15 - 10:05	RPM	10:30 - 11:00	Small Group Circuit
	10:15 - 11:05	NextGen			11:00 - 11:15	ABS Session
	11:15 - 12:05	BodyBalance			11:30 - 12:00	Booty Work-Out
	12:15 - 13:05	BodyPump				