



2018 Group Exercise Schedule

Effective January 8, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:30 Sunrise Stretch All Staff 	7:00-7:30 H.I.I.T. Aaron	7:00-7:30 Cycle 30 Jessica	7:00-7:30 Sunrise Stretch Jessica	
11:15-12:00 Wild Card Cycle Jessica 12:05-1:05 Balance Yoga Anil 1:10-1:55 Locomotion 1:55-2:10 Abs Blast Julie	11:15-12:00 Kettle Boot Camp Daisha 12:05-12:50 Zumba 12:50-1:05 Abs Blast Patricia G.	11:15-12:00 Buns & Guns Aaron  12:05-12:50 BANG! 12:50-1:05 Abs Blast Patrice B. 1:10-2:10 Balance Yoga Anil	11:15-11:45 Power Core Daisha 12:20 – 1:05 Step & Strength Julie	11:15 - 12:00 Cardio, Strength, Flexibility & Balance 12:00-12:15 Abs Blast Aaron 12:20-1:20 Yoga Sheree 1:25-2:10 Cycle 45  All Staff
5:15-6:00 Buns & Guns 6:00-6:15 Abs Blast All Staff 	5:15-6:00 Body Sculpt Jessica 	5:15-6:00 Cycle Strong 6:00-6:15 Abs Blast Aaron	5:15-6:15 Yoga Omar	