

GROUP FITNESS SCHEDULE

TIMES	Monday		Tuesday		Wednesday		Thursday		Friday		Sat	Sun
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2		
5:45am	Cardio Circuit		Rogue	Spin	Cardio Circuit	Spin	Rogue	Spin	Cardio Circuit	Spin	7:30 am Rogue Studio 1 8:30 a. m. Spin Studio 2 ----- 9 a. m. Zumba Studio 1 ----- 9 a. m. Yoga 3rd floor ----- 10 a. m. Spin Studio 2 ----- 10 a. m. Barre Studio 1	12:15 p. m. Spin Studio 2 ----- 1:15 p. m. Yoga ----- ---
8:00am	Definition		Barre		Definition		Barre		Definition			
8:30am				Spin		Spin		Spin				
9:00am	Zumba		Zumba		Zumba		Zumba		Zumba			
10:00am		Yoga Flow		Yoga Flow		Yoga Flow		Yoga Flow		Yoga Flow		
11:00am			Chisel	Chair Zumba 3rd floor	Lift		Chisel	Chair Zumba 3rd floor	Lift			
11:30am	Chair Yoga 3rd floor Studio B											
Noon	Rogue		Rogue	Spin	Power Hour		Rogue	Spin	Rogue	Power Yoga		
2:00pm							Tai Chi 3rd floor					
4:30pm	Barre		Power Sculpt		Lift		Power Sculpt					
5:30pm	Rogue	Spin	Lift		Rogue	Spin	Power Hour					
5:30pm 3rd Floor		Tai Chi 3rd floor Studio B				Tai Chi 3rd floor Studio B						
5:45pm				Yin Yoga 3rd floor								
6:15pm			Zumba				Zumba					