

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 am	BODYPUMP (B)	CYCLING (C) VELOCITY TRAINING (W)	BODYPUMP (B)	CYCLING (C) VELOCITY TRAINING (W)	POWER 50 (B)	8:00 am	TRIO (L)	
6:00 am		YOGA CHALLENGE (A)				8:45 am	YOGA CHALLENGE (A)	
8:15 am	MVe SYNERGY (A)	MID YOGA (A) BODYPUMP (B)	MUSCLE MELT STRETCH (A)	MID YOGA (A)	MVe TRADITIONAL (A) BODYPUMP (B)	9:15 am	BODYCOMBAT (B) CYCLING (C) AQUAFIT (P) ELITE FITNESS (W)	
8:30 am	COREFIT (B)		COREFIT (B)			10:30 am	BODYPUMP (B)	BASIC YOGA / MEDITATION (A)
9:15 am	MID YOGA (A) BODYSTEP (B) CYCLING (C) AQUAFIT (P)	BASIC YOGA (A) BODYATTACK (B) SPRINT (C) TRX CIRCUIT (W)	BODYFLOW (A) BODYSTEP (B) RPM (C) AQUAFIT (P)	BASIC YOGA (A) CXWORX (B) SPRINT (C) TRX CIRCUIT (W)	BASIC YOGA (A) STRONG (B) RPM (C) AQUAFIT (P)	11:15 am	SPRINT (C)	CYCLING (C)
9:45 am				LES MILLS TONE (B)		11:30 am	BARRE FUSION (A) BODYATTACK (B)	
10:30 am	BASIC YOGA (A) BODYPUMP (B)	MVe ATHLETIC (A) LES MILLS TONE (B)	BARRE BLAST (A) BODYPUMP (B)	MVe ATHLETIC (A) ZUMBA (B)	SH'BAM (B)	12:15 pm		MVe TRADITIONAL (A)
11:30 am		BODYFLOW (A) FUNCTIONAL FITNESS (B)		BODYFLOW (A) FUNCTIONAL FITNESS (B)	MVe FUSION (A)	12:30 pm	BODYJAM (B)	
12:30 pm				MAT PILATES (A)		1:00 pm		ZUMBA (B)
2:00 pm	BASIC YOGA (A)		BASIC YOGA (A)			1:30 pm	BODYFLOW (A)	
5:00 pm	MVe SYNERGY (A)		BALLET BARRE (A)			1:45 pm		BODYSTEP EXPRESS (B)
5:30 pm						2:30 pm		BODYPUMP (B)
5:45 pm	BODYPUMP (B)		BODYPUMP (B)		BODYPUMP (B)	3:30 pm		YOGA CHALLENGE / INVERSIONS (A)
6:00 pm		YOGA CHALLENGE (A) POWER 50 (B)	MUSCLE MELT STRETCH (A) ELITE FITNESS (W)	POWER 50 (B)	<p>2018 group exercise schedule</p> <p>All classes are complimentary to members.</p> <p><b>A</b> Studio A                      <b>B</b> Studio B</p> <p><b>C</b> Cycling Studio                <b>W</b> Weight Floor</p> <p><b>P</b> Adult Pool                        <b>L</b> Lap Pool</p>			
6:15 pm	BALLET BARRE (A)							
6:45 pm	BODYCOMBAT (B)	TRX CIRCUIT (W) CXWORX (B)		TRX CIRCUIT (W)				
7:00 pm	SPRINT (C) ADULT SWIM (L)	CYCLING (C)	BODYJAM (B) RPM (C) ADULT SWIM (L)					
7:15 pm	VINYASA FLOW YOGA (A)	BODYFLOW (A)	MID YOGA (A)	YOGA CHALLENGE (A)				
7:45 pm		ZUMBA (B)		ZUMBA (B)				