

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	BODYPUMP (B)	VELOCITY TRAINING (W) CYCLING (C)	BODYPUMP (B)	VELOCITY TRAINING (W) CYCLING (C)		8:45 AM	YOGA CHALLENGE (A)	
6:00 AM		YOGA CHALLENGE (A)				9:15 AM	BODYCOMBAT (B) CYCLING (C) ELITE FITNESS(W)	
8:15 AM	PILATES SYNERGY (A) COREFIT (B)	MID-LEVEL YOGA (A) BODYPUMP (B)	MUSCLE MELT STRETCH (A) COREFIT (B)	MID-LEVEL YOGA (A) ZUMBA (B)	PILATES FUSION (A) BODYPUMP (B)	10:30 AM	BODYPUMP (B) MS-150 TRAINING (C)	BASIC YOGA / MEDITATION (A)
8:30 AM	COREFIT (B)		COREFIT (B)			11:15 AM		RPM (C)
9:15 AM	MID-LEVEL YOGA (A) BODYSTEP (B) CYCLING (C)	BASIC YOGA (A) BODYATTACK (B) HIIT CYCLING (C) TRX CIRCUIT (W)	BODY IN MOTION (A) BODYSTEP (B) RPM (C)	BASIC YOGA (A) CXWORX (B) X-TRAINING (W)	BASIC YOGA (A) RPM (C)	11:30 AM	BARRE FUSION (A) BODYATTACK (B)	
9:45 AM		X-TRAINING (W)		BODYVIVE (B) HIIT CYCLING (C)		12:30 PM	BODYJAM (B)	PILATES FUSION (A)
10:30 AM	BASIC YOGA (A) BODYPUMP (B)	PILATES SYNERGY (A) BODYVIVE (B)	BARRE BLAST (A) BODYPUMP (B)	PILATES FUSION (A) TRX CIRCUIT (W)	BALLET BARRE (A) SH'BAM (B)	1:00 PM		POWER 50 (B)
11:30 AM		BODYFLOW (A) FUNCTIONAL FITNESS (B)	PILATES SYNERGY (A)	BODYFLOW (A) FUNCTIONAL FITNESS (B)	PILATES SYNERGY (A)	1:30 PM	BODYFLOW (A)	
12:30 PM		30-MIN EXPRESS YOGA (A)			YOGA BEGINNER ORIENTATION (A)	1:45 PM		BODYSTEP EXPRESS (B)
2:00 PM	BASIC YOGA (A)		BASIC YOGA (A)			2:30 PM		BODYPUMP (B)
5:00 PM	PILATES SYNERGY (A)		BALLET BARRE (A)	PILATES SYNERGY (A)		3:30 PM		YOGA CHALLENGE / INVERSIONS (A)
5:30 PM		YOGA BEGINNER ORIENTATION (A)						
5:45 PM	BODYPUMP (B)		BODYPUMP (B)		BODYPUMP (B)			
6:00 PM		HATHA YOGA (A) POWER 50 (B)	ELITE FITNESS (W) MUSCLE MELT STRETCH (A)	MID-LEVEL YOGA (A) POWER 50 (B)				
6:15 PM	BALLET BARRE (A)							
6:45 PM	BODYCOMBAT (B)	TRX (W)		TRX (W)				
7:00 PM	RPM (C)	RPM (C)	RPM (C) BODYJAM (B)					
7:15 PM	VINYASA FLOW YOGA (A)	BODYFLOW (A)		YOGA CHALLENGE (A)				
7:30 PM			MID-LEVEL YOGA (A)					
7:45 PM		ZUMBA (B)		ZUMBA (B)				



2017 group exercise schedule

All classes are complimentary to members.
Details can be found in your daily emails.

A Studio A

B Studio B

C Cycling Studio

W Weight floor