

# GROUP FITNESS

| MONDAY   | TUESDAY   | WEDNESDAY                                      | THURSDAY  | FRIDAY                                       | SATURDAY   | SUNDAY                                     |
|--|---|--|---|--|--|--|
|  | 6:00-6:45am<br>Sculpt and Flow<br><i>Jess</i>     |  | 6:00-6:45am<br>TRX Total Body<br><i>Chris</i>         |  |  |  |
| 7:00-7:45am<br>Cardio Kickboxing<br><i>Sen</i>           |   | 7:00-7:45am<br>Cardio Kickboxing<br><i>Sen</i> |   |  |  |  |
|  |   |  | 8:30-9:15am<br>Just Dance<br><i>Nitixa</i>            |  | 8:00-8:45am<br>Barre<br><i>Chablis</i>                 |  |
| 9:30-10:30am<br>Barre<br><i>Chablis</i>                  | 9:30-10:30am<br>Straight Strength<br><i>Hanna</i> | 9:30-10:30am<br>Barre<br><i>Chablis</i>        | 9:30-10:30am<br>Straight Strength<br><i>Stephanie</i> | 9:15-10:00am<br>TRX Circuit<br><i>Chris</i>  | 9:00-9:45am<br>Step<br><i>Chablis</i>                  | 9:00-9:45am<br>Vinyasa Yoga<br><i>Jess</i> |
| 10:45-11:30am<br>Cardio Strength Circuit<br><i>Hanna</i> | 10:45-11:30am<br>Pilates<br><i>Chablis</i>        | 10:45-11:30am<br>TRX Circuit<br><i>Chris</i>   |   | 10:15-11:00am<br>Yin Yoga<br><i>Kimberly</i> | 10:00-10:55am<br>Straight Strength<br><i>Stephanie</i> |  |
| 4:30-5:15pm<br>Straight Strength<br><i>Stephanie</i>     | 4:30-5:15pm<br>TRX Circuit<br><i>Zoe</i>          | 4:30-5:15pm<br>Straight Strength<br><i>Zoe</i> | 4:30-5:15pm<br>Pilates<br><i>Chablis</i>              |  | 11:00-11:45am<br>Hatha Yoga<br><i>Stephanie</i>        |  |
| 5:30-6:15pm<br>Hatha Yoga<br><i>Stephanie</i>            | 5:30-6:30pm<br>Vinyasa Yoga<br><i>Susan</i>       | 5:30-6:15pm<br>TRX Total Body<br><i>Zoe</i>    | 5:30-6:15pm<br>Cardio Kickboxing<br><i>Sen</i>        |  |  |  |
|  |   | 7:00-7:45pm<br>Yin Yang Yoga<br><i>Amad</i>    |   |  |  |  |