

GROUP EXERCISE STUDIO

EFFECTIVE DATE: SEP 1ST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					● MORNING SCHEDULE	
GENTLE CORE & BALANCE 8:00-8:40 ERNIE		GENTLE CORE & BALANCE 8:00-8:40 ERNIE		GENTLE CORE & BALANCE 8:00-8:25 ERNIE	BACK CARE YOGA 7:30-8:25 PATRICK	
TABATA/ METCON 4X4 9:00-9:55 LESLIE	BODY POWER 9:00-9:55 LU	F.I.T 9:00-9:55 SUE	GRACEFIT 9:00-9:55 AESHA	F.I.T 8:30-9:25 SUE	BODY WORKS 8:30-9:25 VANESSA	HIP HOP 9:00-10:00 KERRY
EXPRESS CORE 10:00-10:25 LESLIE	CORE PILATES 10:00-10:25 LU	CORE 30 10:00-10:25 SUE	STRETCH- ALIGNED 10:00-10:25 AESHA	HIP HOP 9:30-10:25 SUSAN	ZUMBA 9:30-10:25 PAMELA	
MINDFUL FLOW YOGA 10:30-11:25 SHANNON	RESTORATIVE STRENGTH 10:30-11:25 MEGHAN	BARRE STRENGTH 10:30-11:25 PATRICIA	MOBILITY 10:30-11:15 JON	MINDFUL FLOW YOGA 10:30-11:25 MARTY	ADVANCE STEP 10:30-11:25 ALORA	YOGA FLOW 10:30-11:30 TOM M
GEN-DO MEDITA- TION 11:30- 11:55 NATE		GEN-DO MEDITA- TION 11:30- 11:55 NATE				
					🕒 AFTERNOON SCHEDULE	
IYENGAR YOGA 1:30-2:25 BARBARA		IYENGAR YOGA 1:30-2:25 BARBARA				
		YOGA FLOW 4:30 -5:25 JESSICA				
					○ EVENING SCHEDULE	
ZUMBA 5:30-6:25 LALEH	PILATES CONDI- TIONING 5:45-6:40 SUSAN	BODY CONDI- TIONING 5:30-6:25 JESSICA	EMBODIED YOGA FLOW 5:45-6:40 DANIELLE		CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.	
	HIP HOP 6:45-7:40 SUSAN	DANCE ALIVE! 6:30-7:25 JESSICA	ZUMBA 6:45-7:40 ALVIN			
CANDLE LIGHT YOGA 7:30- 8:25 YUKI		GROOV3 7:30-8:25 KERRY/SUSAN	CANDLE LIGHT YOGA 7:45- 8:40 DANIELLE			