PELICAN
ATHLETIC CLUB

GROUP EXERCISE SCHEDULE

STUDIO ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	BODY PUMP		BODY PUMP		BODY PUMP	
7:30 AM		PURE STRENGTH EXPRESS		PURE STRENGTH EXPRESS		
8:00 AM	KILLER CORE		KILLER CORE		KILLER CORE	CLUB STUDIO 1
8:30 AM	KETTLE FIT		CARDIO BLAST		KETTLE FIT	
8:45 AM		PURE STRENGTH		PURE STRENGTH		
9:00 AM						BODY PUMP
9:45 AM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	
10:50 AM		ZUMBA GOLD		ZUMBA GOLD	RESILIENCE CONDITIONING (30 MIN)	
12:00 PM		KETTLE FIT EX		KETTLE FIT EX		
4:30 PM	THE RED ZONE	THE RED ZONE		THE RED ZONE		
5:30 PM	CLUB STUDIO 1 EXPRESS	BODY PUMP	KETTLE FIT	BODY PUMP		
6:00 PM	RIPPED BEGINS JUNE 17TH					
6:30 PM		PURE STRENGTH	ZUMBA			
7:00 PM	BODY PUMP					

All clases subject to change. Please check the APP for the most up-to-date information.

Modified June 1, 2019

MIND BODY STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM		HEATED POWER FLOW		HEATED POWER FLOW			
8:30 AM	TOTAL BODY BARRE	FUNCTIONAL YOGA	TOTAL BODY BARRE	FUNCTIONAL YOGA		PILATES SCULPT	
9:00 AM					POWER YOGA		
9:40 AM	ALL LEVELS FLOW		FUNCTIONAL YOGA			POWER FLOW	
9:50 AM		PIYO		PIYO			
10:50 AM			GENTLE YOGA		GENTLE YOGA	SLOW FLOW RESTORATIVE	
11:30 AM		SLOW FLOW RESTORATIVE		SLOW FLOW RESTORATIVE			
12:00 PM	NOON AT THE BARRE		NOON AT THE BARRE		NOON AT THE BARRE		
4:00 PM							ALL LEVELS FLOW
4:30 PM	PIYO		PIYO				
5:30 PM	ALL LEVELS FLOW	PILATES SCULPT	GENTLE YOGA	PILATES SCULPT			
6:30 AM	TOTAL BODY BARRE	HEATED POWER FLOW	POWER YOGA SCULPT	HEATED POWER FLOW			

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM		HIIT SPIN		HIIT SPIN			
5:15 AM	PURE SPIN		PURE SPIN				
7:30 AM						HIIT SPIN (90 MIN)	
8:10 AM		HIIT 30		HIIT 30			
8:30 AM	PURE SPIN		PURE SPIN		PULSE		
9:30 AM		SPIN SCULPT		PULSE			PURE SPIN
9:40 AM			SPIN STRENGTH INTERVALS		SPIN STRENGTH INTERVALS		
10:00 AM						SPIN STRENGTH INTERVALS	
12:00 PM	CYCLE CORE		CYCLE CORE				
4:30 PM			SPIN STRENGTH INTERVALS				
4:45 PM	SPIN INFERNO 600						
5:30 PM		SPIN INFERNO 600					
5:45 AM				SPIN STRENGTH INTERVALS			
6:00 AM			PURE SPIN				
6:30 AM	HIIT 30						

CIRCUIT STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM		BOOT CAMP (GYM)		BOOT CAMP (GYM)			
8:30 AM	FREE-STYLE CIRCUIT	STEP & TONE (GYM)	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		
9:45 AM	YES CIRCUIT	YES CIRCUIT	YES CIRCUIT		YES CIRCUIT		
10:00 AM							ROW POWER (PERFORMANCE CENTER)
5:00 PM					ROW POWER (PERFORMANCE CENTER)		

WATER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:00 AM	DEEP H20 RUNNING		DEEP H20 RUNNING		DEEP H20 RUNNING		
8:00 AM	AQUA SPORTS DRILLS	AQUA FITNESS	AQUA BOOT CAMP	AQUA FITNESS	AQUA FITNESS		
9:00 AM						SATURDAY SPLASH	
6:30 PM	AQUA FITNESS			AQUA FITNESS			