

PELICAN

ATHLETIC CLUB

GROUP EXERCISE SCHEDULE

TIMES AND CLASSES MAY CHANGE PLEASE CHECK THE APP OR ONLINE FOR THE MOST UP-TO-DATE SCHEDULE

STUDIO ONE

Revised June 1 2019

	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					

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 PM				SPIN STRENGTH INTERVALS			
6:00 PM			PURE SPIN				
6:30 PM	HIIT 30						

