

GROUP EXERCISE SCHEDULE

SEPTEMBER 2020

PELICAN

ATHLETIC CLUB

Social distancing will continue during all group classes, so space may be limited for some classes. Please arrive a few minutes early. Schedule is subject to change as guidelines change.

	MON	TUE	WED	THU	FRI	SAT	SUN
STUDIO ONE							
5:00AM	BODY PUMP		BODY PUMP		BODY PUMP		
8:00AM						CLUB STUDIO 1	
8:30AM	HIT & FLOW*	PURE STRENGTH		PURE STRENGTH			
9:00AM						BODY PUMP	
9:45AM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP		
10:50AM		FUNCTIONAL FITNESS					
4:30PM	RED ZONE	RED ZONE		RED ZONE			
5:30PM		PILATES SCULPT		PILATES SCULPT			
6:30PM	BODY PUMP		CLUB STUDIO 1				
CIRCUIT STUDIO							
8:30AM	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		
9:45AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT		
10:00AM							ROW POWER
5:00PM					ROW POWER		
MIND BODY STUDIO							
8:30AM	TOTAL BODY BARRE	FUNCTIONAL YOGA	TOTAL BODY BARRE	FUNCTIONAL YOGA		PILATES SCULPT	
9:45AM	RENEW YOGA & MEDITATION	PIYO	FUNCTIONAL YOGA	PILATES SCULPT		HEATED POWER FLOW	
10:50AM	BALANCE TRAINING				GENTLE YOGA		
5:30PM	ALL LEVELS FLOW		GENTLE YOGA				
6:30PM	TOTAL BODY BARRE	HEATED POWER FLOW					
SPIN STUDIO							
5:00AM		HIIT SPIN		HIIT SPIN			
7:30AM						HIIT SPIN	
8:30AM	PURE SPIN		PURE SPIN		PEDAL PARTY		
9:30AM							PURE SPIN
9:45AM		HIIT 30		HIIT 30			
10:00AM						SPIN STRENGTH INTERVALS	
4:30PM			SPIN STRENGTH INTERVALS				
WATER							
7:00AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
8:00AM	AQUA FIT		AQUA FIT		AQUA FIT		
9:00AM						AQUA FIT	