

# GROUP EXERCISE SCHEDULE

JANUARY 2021

# 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.

CLASSES IN BOLD ARE NEW TO THIS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>STUDIO ONE</b>							
5:00 AM	BODY PUMP		BODY PUMP		BODY PUMP		
8:00 AM		<b>KILLER CORE</b>		<b>KILLER CORE</b>		CLUB STUDIO 1	
8:30 AM	HIT & FLOW	PURE STRENGTH	<b>HIT &amp; FLOW</b>	PURE STRENGTH			
9:00 AM						BODY PUMP	
9:45 AM	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP		
10:50 AM		FUNCTIONAL FITNESS					
4:30 PM	RED ZONE	RED ZONE		RED ZONE			
5:30 PM		PILATES SCULPT	<b>HIT &amp; FLOW</b>	PILATES SCULPT			
6:30 PM	LIFT		CLUB STUDIO 1				
<b>CIRCUIT STUDIO</b>							
8:30 AM	FREE-STYLE CIRCUIT				FREE-STYLE CIRCUIT		
9:45 AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT		
10:00 AM							ROW POWER
5:00 PM					ROW POWER		
<b>MIND BODY STUDIO</b>							
8:30 AM	TOTAL BODY BARRE	FUNCTIONAL YOGA	TOTAL BODY BARRE	FUNCTIONAL YOGA	<b>STRENGTH &amp; FLOW</b>	PILATES SCULPT	
9:45 AM	RENEW YOGA & MEDITATION	ALL LEVELS FLOW	FUNCTIONAL YOGA	PILATES SCULPT		HEATED POWER FLOW	
10:50 AM	BALANCE TRAINING				GENTLE YOGA		
4:00 PM							ALL LEVELS FLOW
4:30 PM	<b>RENEW YOGA &amp; MEDITATION</b>						
5:30 PM	ALL LEVELS FLOW		GENTLE YOGA				
6:30 PM	TOTAL BODY BARRE	HEATED POWER FLOW	<b>ALL LEVELS FLOW</b>	<b>HEATED POWER FLOW</b>			
<b>SPIN STUDIO</b>							
5:00 AM		HIIT SPIN		HIIT SPIN			
6:00 AM	HIIT 30		HIIT30				
7:30 AM						HIIT SPIN	
8:30 AM	PURE SPIN		PURE SPIN		PULSE		
9:30 AM							HIIT SPIN
9:45 AM		HIIT 30		HIIT 30			
10:00 AM						SPIN STRENGTH INTERVALS	
4:30 PM			SPIN STRENGTH INTERVALS				
5:30 PM		PEDAL PARTY					
6:00 PM			HIIT 30				
<b>WATER</b>							
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
8:00 AM						SATURDAY SPLASH	
8:30 AM	AQUA FIT		AQUA FIT		AQUA FIT		