

GROUP EXERCISE SCHEDULE

October 2021

PELICAN

ATHLETIC CLUB

	MON	TUE	WED	THU	FRI	SAT	SUN
STUDIO ONE							
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		CLUB STUDIO 1	
8:30 AM	HIT & FLOW		HIT & FLOW				
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		AGELESS AGILITY					
4:30 PM	RED ZONE	RED ZONE		RED ZONE			
5:30 PM	ZUMBA	PILATES SCULPT	LIFT	PILATES SCULPT			
6:30 PM	LIFT	BODY PUMP EXPRESS	CLUB STUDIO 1				
SPIN STUDIO							
5:00 AM		HIIT SPIN		HIIT SPIN			
6:00 AM	HIIT 30		HIIT30		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	
12:00 PM	HIIT 30		HIIT 30		HIIT 30		
4:30 PM			SPIN STRENGTH INTERVALS				
4:45 PM	HIIT SPIN						
5:30 PM		PEDAL PARTY					
5:45 PM				SPIN STRENGTH INTERVALS			

	MON	TUE	WED	THU	FRI	SAT	SUN
MIND BODY STUDIO							
8:30 AM	TOTAL BODY BARRE	FUNCTIONAL YOGA	TOTAL BODY BARRE	FUNCTIONAL YOGA		PILATES SCULPT	
9:15 AM					STRENGTH & FLOW		
9:45 AM	RENEW YOGA & MEDITATION	ALL LEVELS FLOW	FUNCTIONAL YOGA	PILATES SCULPT		HEATED POWER FLOW	
10:50 AM	BALANCE TRAINING	SLOW FLOW RESTORATIVE	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA		
11:00 AM						TOTAL BODY BARRE	
12:00 PM		NOON AT THE BARRE		NOON AT THE BARRE			
4:00 PM							ALL LEVELS FLOW
4:30 PM	RENEW YOGA & MEDITATION		TOTAL BODY BARRE				
5:30 PM	ALL LEVELS FLOW		GENTLE YOGA				
6:30 PM		HEATED POWER FLOW	ALL LEVELS FLOW	HEATED POWER FLOW			
WATER							
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
8:30 AM	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT		
9:00 AM						SATURDAY SPLASH	
6:30 PM	AQUA FIT						
CIRCUIT STUDIO							
8:30 AM	FREE-STYLE CIRCUIT		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		

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.