

# GROUP EXERCISE SCHEDULE

SEPTEMBER 2021 *Labor Day Week ( Sept 6 - 10)*

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>STUDIO ONE</b>							
5:00 AM			BODY PUMP		BODY PUMP		
7:30 AM			PURE STRENGTH EXPRESS				
8:00 AM		KILLER CORE		KILLER CORE		CLUB STUDIO 1	
8:30 AM			HIT & FLOW				
8:45 AM		PURE STRENGTH		PURE STRENGTH			
9:00 AM						BODY PUMP	
9:45 AM			BODY PUMP		BODY PUMP		
10:50 AM		AGELESS AGILITY					
4:30 PM		RED ZONE		RED ZONE			
5:30 PM		PILATES SCULPT	LIFT	PILATES SCULPT			
6:30 PM		BODY PUMP EXPRESS	CLUB STUDIO 1				
<b>SPIN STUDIO</b>							
5:00 AM		HIIT SPIN		HIIT SPIN			
6:00 AM			HIIT30		HIIT30		
7:30 AM						HIIT SPIN	
8:30 AM			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		
4:30 PM			SPIN STRENGTH INTERVALS				
4:45 PM							
5:30 PM		PEDAL PARTY					
5:45 PM				SPIN STRENGTH INTERVALS			

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>MIND BODY STUDIO</b>							
8:30 AM		FUNCTIONAL YOGA	TOTAL BODY BARRE	FUNCTIONAL YOGA			
9:15 AM					STRENGTH & FLOW		
9:45 AM		ALL LEVELS FLOW	FUNCTIONAL YOGA	PILATES SCULPT		HEATED POWER FLOW	
10:50 AM		SLOW FLOW RESTORATIVE	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA		
11:00 AM							
12:00 PM		NOON AT THE BARRE		NOON AT THE BARRE			
4:00 PM							
4:30 PM							
5:30 PM			GENTLE YOGA				
6:30 PM		HEATED POWER FLOW		HEATED POWER FLOW			
<b>WATER</b>							
<b>CIRCUIT STUDIO</b>							
8:30 AM			FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		
9:45 AM			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.