

GROUP EXERCISE CLASS SCHEDULE

May 2024

STUDIO ONE	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM	LIFT		BODY PUMP		BODY PUMP		
7:30 AM		PURE STR		PURE STR			
8:00 AM		CORE 30		CORE 30		CARDIO PARTY	
8:15 AM	HIT & FLOW		HIT & FLOW				
8:45 AM		PURE STR		PURE STR			
9:00 AM	KETTLEFIT 30		LOWER BODY EXPRESS		UPPER BODY EXPRESS	BODY PUMP	
9:45 AM	BODY PUMP	ZUMBA	BODY PUMP	DANCEFIT	LIFT		
10:00 AM							WEEKEND WARRIOR
10:15 AM						EMPOWER DANCE	
10:50 AM		AGELESS AGILITY					
11:00 AM				SENIORFIT DANCE 30			
12:00 PM		SIT STRONG		CHAIR YOGA			
4:30 PM	RED ZONE						
5:00 PM		RED ZONE		RED ZONE			
5:30 PM	DANCEFIT		LIFT				
6:30 PM	LIFT	BODY PUMP 30	ZUMBA				

SPIN STUDIO	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM		HIIT SPIN		HIT SPIN			
6:00 AM	HIIT 30		HIIT 30		HIIT 30		
7:30 AM						HIIT SPIN	
8:30 AM	PURE SPIN		PURE SPIN		HIIT 30		
9:30 AM							HIIT SPIN
9:45 AM		HIIT 30		HIIT 30			
10:00 AM						SPIN STRENGTH	
12:00 PM	HIIT 30		HIIT 30		HIIT30		
4:45 PM	HIT SPIN						
5:30 PM			HIIT SPIN				
5:45 PM		HIIT30		HIIT30			

MIND BODY	MON	TUE	WED	THURS	FRI	SAT	SUN
6:00 AM			SUN RISE YOGA				
8:30 AM	BEYOND THE BARRE	FUNCTIONAL YOGA	MAT MIXUP	FUNCTIONAL YOGA	BOOTY BARRE 30	PILATES SCULPT	
9:15 AM					STRENGTH & FLOW		
9:45 AM	RENEW YOGA & MEDITATION	PILATES FLOW	FUNCTIONAL YOGA	PILATES SCULPT		HEATED POWER FLOW	
10:50 AM	BALANCE TRAINING	SLOW FLOW RESTORATIVE	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA		
12:00 PM		NOON AT THE BARRE		NOON AT THE BARRE			
4:00 PM							
4:30 PM			BEYOND THE BARRE				
5:30 PM	ALL LEVELS FLOW	PILATES SCULPT	GENTLE YOGA	PILATES SCULPT			
6:30 PM		WARM POWER FLOW		WARM POWER FLOW			
WATER	MON	TUE	WED	THURS	FRI	SAT	SUN
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
8:30 AM	HYDRO HIIT	AQUA INTENSITY	FLUID MOVES	POWER WAVES	FIT FRIDAY		
9:00 AM						SATURDAY SPLASH	
4:30 PM			TOTAL BODY TONE				
CIRCUIT STUDIO	MON	TUE	WED	THURS	FRI	SAT	SUN
8:30 AM	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		BALANCE CIRCUIT		
9:45 AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT		