



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	BOOTCAMP Sadie Studio	STRENGTH Oscar Studio	BOOTCAMP Sadie Studio	MAT PILATES Jeremiah Studio	BOOTCAMP Sadie Studio		
7AM				Tone Up Jackie Studio			
8AM	STRENGTH Eve Studio	MAT PILATES Sue Studio	FUNCTIONAL STRENGTH* Carrie Studio KADENCE Julie Spin Studio AQUA AEROBICS* Holly Rec Pool	CARDIO BARRE Jackie Studio	POWER YOGA Channon Studio AQUA AEROBICS* Baddoura Rec Pool	YINYASA YOGA Baddoura Studio	KADENCE Julie Spin Studio ZUMBA Qarina Studio
9AM	AQUA AEROBICS* Jeremiah Rec Pool BODY BLAST Janet Studio KADENCE Kristy Spin Studio	AQUA AEROBICS* Holly Rec Pool BODY BLAST Sue Studio POWER KADENCE Kathy Spin Studio	AQUA AEROBICS* Zona Rec Pool STRENGTH Oscar Studio	AQUA AEROBICS* Holly Rec Pool MAT PILATES Eve Studio	AQUA AEROBICS* Eve Rec Pool KADENCE Leland Studio TONE UP Zona Studio	AQUA AEROBICS* Linda K. Rec. Pool (8:45 AM) WARRIOR Shayna Studio	CARDIO BARRE Tek Studio
10AM	AQUA AEROBICS* Jeremiah Rec Pool POWER YOGA Channon Studio	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS* Carrie Rec Pool WELLNESS 3-IN-1* Sue Studio	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS* Carrie Rec Pool STRETCH/MOBILITY* Jackie Studio	BODY FIT Tara Studio WARRIOR REVOLUTION Shayna Kadence	90 MIN YOGA Baddoura Studio
11AM	AQUA AEROBICS* Tina Rec Pool MAT PILATES Linda Studio	ZUMBA Evelyn Studio	AQUA AEROBICS* Lucy Rec Pool YINYASA YOGA Baddoura Studio	ZUMBA GOLD* Holly Studio	FUNCTIONAL STRENGTH* Tina Studio	ZUMBA Rose Studio	MAT PILATES Tek Studio (11:30am)
12PM	CHAIR FIT* Tina Studio	CHAIR YOGA* Tek Studio	CHAIR FIT* Jeremiah Studio	WELLNESS 3-IN-1* Sue Studio	GENTLE YOGA* Tina Studio		
3:30PM	STRETCH/MOBILITY* Baddoura Studio	TONE UP Zona Studio	ZUMBA GOLD* Rose Studio	HIIT Lucy Studio			
4:30PM	TONE UP Zona Studio	MAT PILATES Linda Studio	CARDIO BARRE Baddoura Studio	YOGA Channon Studio	WARRIOR Shayna Studio		
5:30PM	VINYASA YOGA Nicole Studio KADENCE/CORE Holly Spin Studio ADULT SWIM Brent Lap Pool	ZUMBA Rose Studio KADENCE Jenn Spin Studio	MAT PILATES Pari Studio ADULT SWIM Brent Lap Pool	STRENGTH Oscar Studio KADENCE/CORE Holly Spin Studio	ZUMBA Chela Studio		
6:30PM	AQUA AEROBICS* Baddoura Rec. Pool	YOGA FLOW Stephanie Studio	YINYASA YOGA Baddoura Studio	AQUA AEROBICS* Nicole M. Rec. Pool			