



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	BOOTCAMP Sadie Studio 1	STRENGTH Oscar Studio 1	BOOTCAMP Sadie Studio 1	STRENGTH Jeremiah Studio 1 ACTIVE CYCLE Jen Studio 2	BOOTCAMP Sadie Studio 1		
7AM	BOOTCAMP Sadie Studio 1	TONE & FLOW Baddoura Studio 1 CIRCUIT TRAINING Jodi Studio 2	VINYASA YOGA Monica Studio 1	Tone Up Baddoura Studio 1 ACTIVE STRENGTH Jodi Studio 2	BOOTCAMP Sadie Studio 1		
8AM	STRENGTH Eve Studio 1 AQUA AEROBICS* Tina Rec Pool	BALL PILATES Sue Studio 1 AQUA AEROBICS* Kristina Rec Pool	ACTIVE STRENGTH Jodi Studio 2 FUNCTIONAL STRENGTH* Carrie Studio 1 AQUA AEROBICS* Holly Rec Pool	CARDIO STRETCH Jackie Studio 1 AQUA AEROBICS* Kristina Rec Pool	POWER YOGA Channon Studio 1 SPIN & STRENGTH Carrie Studio 2 (7:45am) AQUA AEROBICS* Baddoura Rec Pool	VINYASA YOGA Baddoura Studio 1	ZUMBA Alina Studio 1
9AM	AQUA AEROBICS* Heidi Rec Pool BODY BLAST Janet Studio 1	AQUA AEROBICS* Holly Rec Pool BODY BLAST Sue Studio 1 ACTIVE STRENGTH Cassandra Studio 2	AQUA AEROBICS* Kristina Rec Pool STRENGTH Oscar Studio 1	AQUA AEROBICS* Holly Rec Pool MAT PILATES Eve Studio 1 ACTIVE CYCLE Kristy Studio 2	AQUA AEROBICS* Eve Rec Pool YOGALATES Tara Studio 1 ACTIVE CYCLE Karen Studio 2	AQUA AEROBICS* Linda K. Rec. Pool (8:45 AM) WARRIOR Shayna Studio 1	CARDIO BARRE Tek Studio 1
10AM	AQUA AEROBICS* Jeremiah Rec Pool POWER YOGA Channon Studio 1 SPIN & STRENGTH Janet Studio 2	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio 1 CIRCUIT TRAINING Oscar Studio 2	AQUA AEROBICS* Carrie Rec Pool WELLNESS 3-IN-1* Sue Studio 1 ACTIVE STRENGTH Janet Studio 2	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio 1 ACTIVE STRENGTH Terri Studio 2	AQUA AEROBICS* Carrie Rec Pool STRETCH/MOBILITY* Jackie Studio 1 SPIN & STRENGTH Janet Studio 2	BODY FIT Tara Studio 1 WARRIOR REVOLUTION Shayna Studio 2	90 MIN YOGA Baddoura Studio 1 ACTIVE STRENGTH Terri Studio 2
11AM	AQUA AEROBICS* Tina Rec Pool CORE WORK Linda Studio 1	ZUMBA Evelyn Studio 1	AQUA AEROBICS* Heidi Rec Pool VINYASA YOGA Baddoura Studio 1	ZUMBA GOLD* Holly Studio 1	FUNCTIONAL STRENGTH* Tina Studio 1	ZUMBA Rose Studio 1	MAT PILATES Tek Studio 1 (11:30am)
12PM	CHAIR FIT* Tina Studio 1	CHAIR YOGA* Tek Studio 1 WELLNESS 3-IN-1* Sue Studio 1 (1:00pm)	CHAIR FIT* Terri Studio 1	WELLNESS 3-IN-1* Sue Studio 1 CHAIR YOGA* Monica Studio 1 (1:00pm)	GENTLE YOGA* Tina Studio 1		
3:30PM	STRETCH/MOBILITY* Baddoura Studio 1	TONE UP Baddoura Studio 1	ZUMBA GOLD* Rose Studio 1		CHAIR YOGA* Monica Studio 1		
4:30PM	STRONG STEP Tara Studio 1 SPIN & STRENGTH Holly Studio 2	CORE WORK Linda Studio 1 ACTIVE STRENGTH Jeremiah Studio 2	CARDIO BARRE Baddoura Studio 1 Spin & Strength Holly Studio 2	YOGA Channon Studio 1	WARRIOR Shayna Studio 1		
5:30PM	VINYASA YOGA Nicole Studio 1 CYCLE & CORE Holly Studio 2 ADULT SWIM Brent Lap Pool	ZUMBA Rose Studio 1 ACTIVE CYCLE Jenn Studio 2	MAT PILATES Pari Studio 1 ADULT SWIM Brent Lap Pool	STRENGTH Oscar Studio 1 CYCLE & CORE Holly Studio 2	ZUMBA Chela Studio 1		
6:30PM	AQUA AEROBICS* Baddoura Rec. Pool (6:15pm)	YOGA FLOW Stephanie Studio 1 AQUA AEROBICS* Kristina Rec Pool (6:15pm)	VINYASA YOGA Baddoura Studio 1	BARRE SCULPT Tek Studio 1 AQUA AEROBICS* Nicole M. Rec. Pool (6:15pm)			