



Group Exercise Schedule

Effective Date: August 1, 2018 - August 14, 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS MEGAN	6:00-7:00a	Studio CYCLE CS JORY	6:00-7:00a	Studio CYCLE CS MEGAN	6:00-7:00a	Studio CYCLE CS LINDELL	8:00-9:00a	BOSU CIRCUITS S2 MOUNA
7:00-8:00a	Hatha Yoga I-III S2 • CAROL	6:00-7:00a	Cardio Sculpt S2 LINDA	7:00-8:00a	Hatha Yoga I-II S2 • GLORIA	6:00-7:00a	Cardio Sculpt S2 YUE	8:30-9:30a	Total Body Blast S2 KELLY	8:00-9:00a	CYCLE Beats CS CANDI
8:30-9:30a	Total Body Con S2 KIMI	7:00-8:00a	BARRE FUSION S2 YUE	8:30-9:30a	Total Body Cond S2 KIMI	7:00-8:00a	BARRE Fusion S2 YUE	8:30a-9:30a	U-JAM S3 SANDY	8:30-9:30a	Aqua Fitness Pool • SHAR NEW
8:30-9:30a	Core BLAST S3 MOUNA	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	ZUMBA S3 CANDI	8:00-8:30a	Core Blast S2 YUE	9:00-10:00a	Aqua Fitness Pool • TRISTIN	9:00-10:00a	Mat Pilates S2 LAURA
9:30-10:30a	Studio CYCLE CS MOUNA	8:30-9:30a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE CS MEGAN	8:30-9:30a	Cardio Blast S2 YUE	9:30-10:30a	Studio CYCLE CS KELLY	9:00-10:00a	HIIT Sculpt S3 MOUNA
9:30-10:30	HIIT S3 TRISTIN	9:30-10:30a	Zumba S2 KIM Y.	9:30-10:30a	Kick & Sculpt S2 KIMI	9:30-10:30a	Zumba S2 KIM Y.	9:30-10:30a	Gentle Yoga I-II S2 • JESS	10:00-11:00a	Zumba S2 CANDI
9:30-10:30a	BARRE S2 KIMI	9:30-10:30a	Mat Pilates S3 SYBILLE	10:30-11:30a	Mat Pilates S2 LILIANA	9:30-10:30a	Mat Pilates S3 SYBILLE	10:40-11:30a	HIIT Sculpt Express S2 LLOYD	10:00-11:00a	Total Body Blast S3 AJAY
10:30-11:30a	Aqua Fitness Pool • ANNAMARIE NEW	10:30-11:30a	Yoga Flow S2 VY	10:30-11:30a	Aqua Fitness Pool • TRISTIN NEW	10:30-11:25a	Restorative Yoga I S2 • CAROL	11:30-12:30p	Gentle Conditioning S2 • LLOYD	11:00-12:30p	Vinyasa Yoga I-III S2 DAVID
10:30-11:30a	Yogilates S2 LILIANA	10:30-11:30a	Gentle Conditioning S3 • TRISTIN	11:00-12:15p	Vinyasa Yoga I-III S3 LILY	10:30-11:30a	Gentle Conditioning S3 • MOUNA	11:30-12:30p	Pilates Sculpt S3 LILIANA	12:30-1:00p	Guided Meditation S2 • DAVID
11:00-12:15p	Vinyasa Yoga I-III S3 LILY	11:30-12:30p	Total Body Con S3 TRISTIN NEW	11:30-12:30p	Gentle Conditioning S2 • KIMI	11:30-12:30p	Stable & Strong S2 • STERLING	5:00-6:00p	Total Body Con S2 SHAR		
11:30-12:30p	Gentle Cond. S2 • KIMI	11:30-12:30p	Stable & Strong S2 STERLING	5:00-6:00p	BARRE Sculpt S2 YUE	11:30-12:30p	Total Body Con S3 AJAY	6:00-7:00p	ZUMBA S2 SHAR	SUNDAY	
5:00-6:00p	Total Body Con S2 LINDA	5:00-6:00p	Yoga Flow S3 GENEVIEVE	6:00-7:00p	Total Body Cond S3 YUE	5:00-6:00p	Yoga Flow S3 RHONDA			8:00-9:00a	Mat Pilates S2 LAURA
6:00-7:00p	Kickboxing S2 LINDA	6:00-7:00p	Studio CYCLE CS MARIA	6:00-7:00p	U-JAM S2 MARIANNE	5:30-6:30p	HIIT S2 LAUREN	LEGEND		8:30-9:30am	Deep Water with Shar Pool • AquaFit with Carole/Vonn NEW
6:00-7:00p	U-JAM S3 SHERONA	6:15-7:15p	POUND/UJAM FUSION S3 CHILOU NEW	6:00-7:00p	BootCamp Blast Pool Deck MIKE	6:00-7:00p	CYCLE/Sculpt CS SHAR	S2-Studio 2	CS-Cycle Studio	9:00-10:00a	Studio CYCLE CS SCOTT
6:00-7:00p	Studio CYCLE CS LAUREN	6:30-7:30p	Cardio Sculpt S2 LINDA	6:00-7:00p	Studio CYCLE CS TRISTIN	6:15-7:15p	BARRE S3 • RHONDA	S3-Studio 3	Pool	9:00-10:00a	U-JAM S2 SANDY
6:00-7:00p	BootCamp Blast Pool Deck ROBERT	6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	7:00-8:15p	Hatha Yoga I-III S3 • JOHN	6:30-7:30p	Zumba S2 CANDI	STRENGTH		10:00-11:00a	BARRE S3 YUE NEW
7:00-8:15p	Hatha Yoga I-III S2 • JEAN	7:15-8:30p	Sunset Yoga I-III S3 JOHN			6:30-7:30p	Aqua Fitness Pool • ANNAMARIE	CARDIO		10:00-11:00a	Total Body Blast S2 LLOYD
						7:15-8:30p	Vinyasa I-III S3 LAUREN NEW	MIND-BODY		11:00-12:15p	Vinyasa Yoga I-III S2 LAURA NEW
								AQUA			
								• Appropriate for those new to exercise, pre/post natal or rehabilitating from an injury			
								Indoor bikes in Cycle Studio are Keiser Mi3 with Shimano SPD pedals.			

All classes are 55 minutes in length unless otherwise indicated.

For a more successful experience, please refer to the Group Exercise Etiquette Guidelines.

Please refer to amended schedules for major holidays