

Group Fitness Class Schedule

August 21st - September 25

Monday

Studio 1

12:00-12:45p Spin Express
 1:30-2:00p Quick Spin
 2:30-3:30p Spinning
 4:00-5:00p Spinning
 5:30-6:15p Spin Express

Studio 2

12:15-1:00p Total Body Blast
 3:00-4:00p Butts & Guts
 5:00-5:30p HIIT
 6:00-7:00p Hip-Hop Cardio
 7:15-8:15p Zumba

Studio 3

7:00-7:45a Sunrise Yoga
 5:45-6:45p Hatha (Slow) Yoga
 7:00-8:00p Yoga

Tuesday

Studio 1

9:00-9:45a Spin Express
 4:15-5:00p Spin Express
 5:15-5:45p Quick Spin
 6:00-6:45p Spin Express
 7:00-7:45p Spin Express

Studio 2

12:15-1:15p Pilates
 4:30-5:30p Total Body Blast
 6:00-7:00p Zumba
 7:15-8:00p Total Body Blast

Studio 3

8:00-8:45a Hatha Yoga
 1:00-2:00p Yoga Power Flow
 4:00-5:30p Karate
 5:35-6:50p Yoga

Wednesday

Studio 1

12:00-12:45 Spin Express
 1:30-2:00p Quick Spin
 2:30-3:30p Spinning
 4:15-5:00p Spin Express
 5:15-5:45p Quick Spin
 6:00-6:45p Spin Express
 7:00-8:00p Spinning

Studio 2

12:15-1:00p Total Body Blast
 3:00-4:00p Butts & Guts
 5:00-5:30p HIIT
 6:00-7:00p Hip-Hop Cardio
 7:15-8:15p Zumba

Studio 3

7:00-7:45a Sunrise Yoga
 5:30-6:30p Yoga Power Flow
 7:00-8:00p Yoga

Thursday

Studio 1

9:00-9:45a Spin Express
 4:15-5:00p Spin Express
 5:15-6:00p Spin Express
 7:00-7:30p Quick Spin

Studio 2

12:15-1:15p Pilates
 4:30-5:30p Arms & Abs
 7:15-8:15p Zumba

Studio 3

1:00-2:00p Yoga Bootcamp
 4:00-5:30p Karate
 5:35-6:50p Yoga
 7:00-8:00p YinYasa Yoga

Friday

Studio 1

1:30-2:00p Quick Spin
 2:30-3:15p Spin Express

Sunday

Studio 1

6:00-6:30pm Quick Spin

Studio 3

5:00-6:00p Restorative Yoga