



2020

Group Fitness Schedule

Club Hours:

Monday - Friday	5:30am - 11:00pm
Saturday	7:30am - 8:30pm
Sunday	8:00am - 8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Cardio Sculpt Jennifer	6:30am Cycling Andrea/Kalle	6:30am TRX Blast Sonny	6:30am Cycling Sonny	6:30am Body Sculpt Kristine	8:00am Power Yoga Rachael	
9:00am Power Pump Michelle	7:00am Full Body Rowing*** Martha/Nick	9:00am Pilates Mariana	9:00am TRX Strength Jubi	9:00am Cycling Jennifer	9:15am TRX Strength Kiki	9:45am FM Circuit Vinnie
10:00am Zumba Carlos	9:00am Cycling Crystal	10:00am Cycling Paul	9:00am Cycling Michelle	10:00am Pilates Mariana	9:30am Cycling Margo	10:30am Cycling Crystal
	10:00am FM Circuit Crystal	10:30am KB/TRX in 30 Nick	10:00am TRX Fusion Michelle	12:00pm Slow Flow Yoga Elias	10:00am Zumba Carlos	12:00pm Barre Vida Gianina
4:00pm RippedKids*** Nick	10:45am The Core in 30 Martha	4:15pm Kids Karate*** Leighton	4:00pm Kids Karate*** Leighton		11:00am Weekend Warrior Nick	
6:30pm The Core in 30 Jennifer	3:30pm Kids Karate*** Leighton	6:45pm Cycling Andrea	6:30pm Flow Yoga David	6:00pm Triple A Kiki	12:15pm Flow Yoga Paula	4:00pm Slow Flow Yoga David
7:00pm Cycling Jennifer	6:30pm Barre Vida Kiki	7:00pm Kickboxing*** Chris	7:30pm Cross Train Chris	7:00pm Ringside*** Chris		5:00pm Ringside*** Chris
7:15pm TRX Blast Vinnie	7:00pm Cycling Kallie	7:30pm The Core in 30 Carlos (PT Studio 2nd Fl)				
	7:30pm Flow Yoga Anna	8:00pm Zumba Carlos				

ALL GROUP FITNESS CLASSES ARE LOCATED ON THE 3RD FLOOR OR OTHERWISE NOTED.

Group fitness schedule is subjected to change without notice.

***Fee based per class: **Kickboxing \$10 & Ringside\$5**
Kids Karate & RippedKids ask front staff for details