

GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mat Pilates Karen P. 8:30-9:30am	Barre Burn Karen P. 8:30-9:30am	Total Body Weights Karen P. 8:30-9:30am	Mat Pilates Karen P. 8:30-9:30am	Total Body Weights Karen P. 8:30-9:30am	Cycle Bruce G. 8:30-9:30am
Restorative Yoga Sarah S. 9:00-10:15AM	Slow Flow Yoga Sydney A. 9:30-10:30am		Vinyasa Flow Sydney A. 9:30-10:30am	Mixed Level Warm Yoga Sydney A. 9:30-10:45AM	Beginning Yoga Sydney A. 9:30-10:30am	REB3L Groove Tricia C. 9:30-10:30am
HIIT Strength Beth R. 10:00-11:00am						Vinyasa Flow Sydney A. 9:30-10:30am
						REB3L Strength Tricia C. 10:45-11:45am
	REB3L Strength Tricia C. 5:30-6:30pm	Full Body Strength Beth R. 5:30-6:30pm	REB3L Groove Tricia C. 5:30-6:30pm	Cycle Bruce G. 5:30-6:30pm		
	Vinyasa Yoga Sydney A. 5:45-6:45pm	Yoga Sculpt Sydney A. 5:30-6:30pm	Vinyasa Flow Sydney A. 5:30-6:30pm			
		Forty5 Cycle Bruce G. 6:00-6:45pm				
	REB3L Groove Tricia C. 6:45-7:45pm		REB3L Strength Viki 6:45-7:45pm			