

# Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 <b>30 Step/30 Sculpt</b> Ally	8:30-9:30 <b>Step Cardio IT</b> Sandra T	8:00-9:00 <b>Interval Training</b> Warren	8:00 -9:00 am <b>Morning Vinyasa</b> Amanda	8:00-9:00 <b>Step Cardio IT</b> Lilibet	8:45 -9 :45 <b>BARRE</b>	8:00-9:00 <b>Pilates Sculpt</b> Bonnie
8:00-9:00 <b>Yoga for Self Care</b> Chris	9:30-10:30 <b>Interval Training</b> Tammy	8:00- 9:00 <b>Bandhas and Balance</b> Marya	8:30-9:15 <b>Hi Lo Impact</b> Helen	9:00-10:00 <b>Body Sculpt</b> Tammy	9:00-10:00 <b>20-20-20</b> Sunni	9:00-10:00 <b>Kickboxing</b> Brittany
9:00-10:00 <b>TABATA</b> Rita	9:30-10:30 <b>BARRE</b> Lyndsay	9:00-10:00 <b>20-20-20</b> Sandra T	9:15-10:00 <b>Body Sculpt</b> Helen	9:30-10:30 <b>BARRE</b> Chrissy	10:00-11:00 <b>Zumba</b> Chika	10:00-11:00 <b>To The Rhythm</b> Katie J.
9:15-10:30 <b>Power Vinyasa</b> Marya	10:30-11:30 <b>Stretch</b> Molly	9:15 – 10:30 am <b>Power Vinyasa</b> Marya	9:30-10:30 <b>BARRE</b> Kris	10:00-11:00 <b>Zumba</b> Beatriz	10:00 -11:15 am <b>Vinyasa</b> Amanda	10:00 – 11:15 <b>Vinyasa</b> Amy Laird
10:00-11:00 <b>Zumba</b> Katie L	11:15-12:30 <b>VinYin</b> Marya	10:00-11:00 <b>Power Sculpt</b> Rita	10:00 -11:00 <b>Stretch</b> Amanda	11:15-12:30 am <b>Therapeutic Yoga</b> Lisa E.	11:00-12:15 <b>Hatha YOGA</b> Nicole	11:00-12:00 <b>Pound</b> Katie J.
11:00-12:15 <b>Hatha YOGA</b> Nicole		11:00-12:00 <b>Zumba</b> Norma Jean	11:15 – 12:30am <b>VinYin</b> Marya	5:30 -6:30pm <b>Pilates Mat</b> Bonnie		
11:00-12:00 <b>BARRE</b> Beatriz	6:00-7:00 pm <b>HIIT Meltdown</b> Ramses	11:15 – 12:30 am <b>Therapeutic Yoga</b> Lisa E.	6:00-7:00 pm <b>To The Rhythm</b> Katey J.			

4:30-5:30 <b>BARRE</b>	6:00 – 7:00 pm <b>Yoga for Self Care</b> Chris	4:30-5:30 <b>BARRE</b>				
6:00-7:00 pm <b>Power Stations</b> Ramses		5:00-6:00 pm <b>Zumba</b> Chika				
6:15 – 7:30 pm <b>Stengthen and Lengthen</b> Justin		6:00-7:00 pm <b>Interval Training</b> Jen				
		6:00-7:00 pm <b>Vinyasa Core Music Flow</b> Bonnie				

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