

GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			5:15am CYCLE MARY CATHERINE		7:00am CYCLE & WEIGHTS KATIE	
	6:15am HIIT-50 JOE			6:15am HIIT-50 JOE	8:00am CYCLE MARY CATHERINE	
				9:15am TOTALBODY CONDITIONING MARY CATHERINE	8:15am HIIT-19 JASON	
					9:15am CYCLE ASHLEY	
	4:15pm CYCLE MARY CATHERINE		4:15pm CYCLE ASHLEY		9:15am TOTALBODY CONDITIONING MARY CATHERINE	
5:15pm TOTAL BODY CONDITIONING ASHLEY	4:30pm STRETCH-30 JASON	5:15pm TOTAL BODY CONDITIONING ASHLEY	5:15pm LIFT JOE		10:30am STRETCH-30 JASON	
6:25pm HIIT-19 JASON	5:15pm CYCLE ASHLEY	6:25pm KETTLEBELL-30 JASON			11:15am YOGA – Hatha JIM	
7:15pm YOGA – Hatha JIM	5:15pm LIFT JOE	7:00pm PRIVATE CLASS STUDIO CLOSED UNTILL 8:00pm	7:15pm YOGA – Hatha JIM			