

GROUP EXERCISE SCHEDULE - Nov 2022

AM

MONDAY

EXERCISE LITE
8:00 AM - 8:55 AM
Linda

BODYPUMP
9:00 AM - 9:55 AM
Lisa G

HATHA YOGA
10:00 AM - 10:55 AM
Lisa G

TUESDAY

BODYCOMBAT
9:00 AM - 9:50 AM
Sachiko

HIIT
9:00 AM - 10:00 AM
Alexis

PILATES/YOGA
10:00 AM - 10:55 AM
Patty

AQUA ZUMBA
10:15 AM - 11:00 AM
April

WEDNESDAY

EXERCISE LITE
8:00 AM - 8:55 AM
Linda

TAI CHI
9:00 AM - 9:50 AM
John P.

BODYPUMP
9:00 AM - 9:50 AM
Raliza

ZUMBA
10:00 AM - 10:55 AM
April

AQUA FIT
10:15 AM - 11:00 AM
Lisa G

THURSDAY

WALKING CLUB
8:00 AM - 8:55 AM
Karen W

BODYCOMBAT
9:00 AM - 9:50 AM
Jasmine

GENTLE YOGA
9:00 AM - 9:55 AM
Lisa G

AQUA FIT
10:15 AM - 11:00 AM
Patty

HYDRO HEALING
11:15 AM - 12:00 PM
Patty

FRIDAY

GENTLE YOGA
6:30 AM - 7:25 AM
Kelly

CYCLING
7:30 AM - 8:25 AM
Kelly

EXERCISE LITE
8:00 AM - 8:55 AM
Linda

BODYPUMP
9:00 AM - 9:55 AM
Larisse

PILATES/YOGA
10:00 AM - 10:55 AM
Patty

SATURDAY

ZUMBA
8:30 AM - 9:25 AM
Francia

CYCLING
9:00 AM - 9:45 AM
Lisa C

BODYPUMP
10:00 AM - 10:55 AM
Lisa C

SUNDAY

BODYCOMBAT
8:15 AM - 9:15 AM
Leticia

VINYASA YOGA
9:30 AM - 10:25 AM
Lisa G

GROUP EXERCISE SCHEDULE - Nov 2022

PM

MONDAY

BODYPUMP
5:30 PM - 6:25 PM
Jasmine

CYCLING
6:00 PM - 6:50 PM
Linda

TUESDAY

HIIT
5:30 PM - 6:25 PM
Adam

HATHA YOGA
5:30 PM - 6:35 PM
Patty

ZUMBA
6:30 PM - 7:25 PM
Francia

WEDNESDAY

BODYPUMP
5:30 PM - 6:25 PM
Lisa G

CYCLING
6:00 PM - 6:55 PM
Joe G

THURSDAY

HIIT
5:30 PM - 6:25 PM
Adam

ZUMBA
6:30 PM - 7:25 PM
Joe G

FRIDAY

SATURDAY

SUNDAY

