

GROUP EXERCISE SCHEDULE ? Oct 2020

AM

MONDAY

ZUMBA
8:30 AM - 9:15 AM
Renelynne

TUESDAY

EXERCISE LITE
8:30 AM - 9:30 AM
Stephanie

WEDNESDAY

**AQUA FIT -
RESERVATION REQ.**
7:15 AM - 8:10 AM
Anita

BARRE
8:00 AM - 8:55 AM
Linda

THURSDAY

EXERCISE LITE
8:30 AM - 9:30 AM
Stephanie

FRIDAY

ZUMBA
8:30 AM - 9:15 AM
Renelynne

SATURDAY

EXTREME FIT
8:30 AM - 9:30 AM
Raj

SUNDAY



GROUP EXERCISE SCHEDULE ? Oct 2020

PM

MONDAY

CYCLING/STRENGTH
5:30 PM - 6:30 PM
Linda

TUESDAY

EXTREME FIT
5:30 PM - 6:15 PM
Chad

WEDNESDAY

CYCLING
5:30 PM - 6:30 PM
Stephanie

THURSDAY

EXTREME FIT
5:30 PM - 6:30 PM
Raj

FRIDAY

SATURDAY

SUNDAY

