

GROUP EXERCISE SCHEDULE - May 2022

AM

MONDAY

HIIT
6:15 AM - 7:10 AM
Mark

AQUA FIT
7:15 AM - 8:00 AM
Martha

ZUMBA
8:30 AM - 9:25 AM
Renelynne

PILATES
9:00 AM - 9:55 AM
Lisa F.

CHAIR YOGA
10:00 AM - 10:55 AM
Lisa F.

BODYPUMP
10:00 AM - 10:55 AM
Michelle

TUESDAY

VINYASA YOGA
6:15 AM - 7:10 AM
Adriana

BODYCOMBAT
8:30 AM - 9:25 AM
Michelle

EXERCISE LITE
10:00 AM - 10:55 AM
Michelle

AQUA FIT - DEEP
10:30 AM - 11:15 AM
Sonia

WEDNESDAY

BODYPUMP
6:15 AM - 7:10 AM
Yoyo

AQUA FIT
7:15 AM - 8:10 AM
Martha

BARRE
8:00 AM - 8:55 AM
Linda

HIIT
9:00 AM - 9:55 AM
Raj

CHAIR YOGA
10:00 AM - 10:55 AM
Jacquie

ZUMBA GOLD
10:00 AM - 10:55 AM
Michelle

THURSDAY

HIIT
6:15 AM - 7:10 AM
Adriana

CYCLING
8:30 AM - 9:25 AM
Lisa F.

EXERCISE LITE
10:00 AM - 10:55 AM
Lisa F.

AQUA FIT - DEEP
10:30 AM - 11:15 AM
Sonia

FRIDAY

AQUA FIT
7:15 AM - 8:00 AM
Martha

ZUMBA
8:30 AM - 9:25 AM
Renelynne

PILATES
9:00 AM - 9:55 AM
Jacquie

CHAIR YOGA
10:00 AM - 10:55 AM
Jacquie

BODYPUMP
10:00 AM - 10:55 AM
Renelynne

AQUA FIT - DEEP
10:30 AM - 11:15 AM
John N

SATURDAY

HIIT
8:15 AM - 9:10 AM
Michelle

HATHA YOGA
8:15 AM - 9:10 AM
Rene

ZUMBA
9:15 AM - 10:10 AM
Cecy

VINYASA YOGA
9:30 AM - 10:25 AM
Rene

BODYPUMP
10:30 AM - 11:25 AM
Cecy

SUNDAY



GROUP EXERCISE SCHEDULE - May 2022

PM

MONDAY

CYCLING/STRENGTH
5:30 PM - 6:25 PM
Linda

BODYPUMP
6:35 PM - 7:30 PM
Linda

TUESDAY

BODYPUMP
5:30 PM - 6:25 PM
Chad

VINYASA YOGA
6:30 PM - 7:25 PM
Rene

ZUMBA
6:30 PM - 7:25 PM
Cecy

WEDNESDAY

STRONG NATION
5:30 PM - 6:25 PM
Michelle

BODYPUMP
6:35 PM - 7:30 PM
Michelle

THURSDAY

HIIT
5:30 PM - 6:25 PM
Raj

VINYASA YOGA
6:30 PM - 7:25 PM
Rene

BODYCOMBAT
6:30 PM - 7:25 PM
Renelynne

FRIDAY

ZUMBA
5:00 PM - 5:55 PM

SATURDAY

SUNDAY

