

# GROUP EXERCISE SCHEDULE - Jan 2022

AM

## MONDAY

**BALANCE**  
8:00 AM - 8:45 AM  
Maryam M.

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**CYCLING/STRENGTH**  
9:00 AM - 9:55 AM  
Amy

---

**AQUA FIT**  
9:15 AM - 10:00 AM  
Maryam M.

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**PILATES**  
9:30 AM - 10:25 AM  
Fiona

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**ZUMBA**  
10:00 AM - 10:55 AM  
Maria

## TUESDAY

**HATHA YOGA**  
8:00 AM - 8:55 AM  
Natasha

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**HIIT**  
9:00 AM - 9:55 AM  
Jenna

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**AQUA FIT**  
9:15 AM - 10:00 AM  
Erika

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**PILATES**  
9:30 AM - 10:15 AM  
Flo

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**EXERCISE LITE**  
10:00 AM - 10:45 AM  
Maryam M.

## WEDNESDAY

**HIIT**  
6:00 AM - 6:55 AM  
Ali

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**CYCLING/STRENGTH**  
8:30 AM - 9:25 AM  
Amy

---

**AQUA FIT**  
9:15 AM - 10:00 AM  
Maryam M.

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**BODYPUMP**  
9:30 AM - 10:25 AM  
Jenna

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**EXERCISE LITE**  
10:30 AM - 11:25 AM  
Jill D.

## THURSDAY

**CYCLING**  
6:00 AM - 6:55 AM  
Ali

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**CARDIO SCULPT**  
9:00 AM - 9:55 AM  
Emily

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**AQUA FIT**  
9:15 AM - 10:00 AM  
Erika

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**ZUMBA**  
10:30 AM - 11:25 AM  
Michelle M.

## FRIDAY

**CYCLING**  
8:30 AM - 9:25 AM  
Amy

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**ARTHRITIS**  
9:15 AM - 10:00 AM  
Maryam M.

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**FOREVER FIT**  
9:15 AM - 10:00 AM  
Sherika

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**U-JAM**  
9:30 AM - 10:25 AM  
Sam

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**PILATES**  
9:30 AM - 10:25 AM  
Flo

## SATURDAY

**BODYPUMP**  
8:15 AM - 9:10 AM  
Megan

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**CARDIO SCULPT**  
9:30 AM - 10:25 AM  
Amy

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**HATHA YOGA**  
9:30 AM - 10:25 AM  
Alicia E.

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**CARDIO HIP-HOP**  
10:30 AM - 11:25 AM  
Sherika

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**HIIT**  
11:00 AM - 11:55 AM  
Emily

## SUNDAY

# GROUP EXERCISE SCHEDULE - Jan 2022

PM

## MONDAY

**HIIT**  
4:30 PM - 5:25 PM  
Jenna

**BODYPUMP**  
5:30 PM - 6:25 PM  
Jenna

**BARRE**  
6:00 PM - 6:55 PM  
Alicia E.

## TUESDAY

**BODYPUMP EXPRESS**  
12:00 PM - 12:45 PM  
Rex

**CYCLING/STRENGTH**  
5:00 PM - 5:55 PM  
Emily

**ZUMBA**  
6:00 PM - 6:55 PM  
Tomoko

**KUNDALINI YOGA**  
6:30 PM - 7:25 PM  
Sybilla

## WEDNESDAY

**CYCLING/CORE**  
12:00 PM - 12:55 PM  
Emily

**BODYPUMP**  
5:30 PM - 6:25 PM  
Chris

**PILATES**  
6:00 PM - 6:55 PM  
Victoria

**GENTLE YOGA**  
6:30 PM - 7:25 PM  
Marguerite

## THURSDAY

**BODYPUMP EXPRESS**  
12:00 PM - 12:45 PM  
Megan

**CARDIO HIP-HOP**  
5:00 PM - 5:55 PM  
Sherika

**VINYASA YOGA**  
6:00 PM - 6:55 PM  
Alicia E.

## FRIDAY

**BODYPUMP**  
12:00 PM - 12:55 PM  
Jessica

**VINYASA YOGA**  
12:00 PM - 12:55 PM  
Stella

**BODYPUMP**  
4:30 PM - 5:25 PM  
Mariah

**CYCLING**  
5:30 PM - 6:25 PM  
Emily

## SATURDAY

## SUNDAY

