



GROUP EXERCISE

GROUP EXERCISE SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bodyflow 7-7:45am	Bodyflow 7-7:45am	Bodyflow 7-7:45am	Bodyflow 7-7:45am	Bodyflow 7-7:45am	Barre 7:30-8am
	Sprint 8-8:30am	Sprint 8-8:30am	Sprint 8-8:30am	Sprint 8-8:30am	Sprint 8-8:30am	Bodyflow 8:30-9:15am
Body Pump 12:30-1:30pm		Chair Yoga 9-10:00am	Senior Circuit 9-10:00am (at Studio C)	Chair Yoga 9-10:00am	Body Flow 9-9:45am	Core 9:30-10am
Born to Move (ages 6-7) 2-2:30pm		Born to Move (ages 6-7) 3:45-4:15pm		Born to Move (ages 6-7) 3:45-4:15pm	Core 10-10:30am	Sprint 10:30-11am
Born to Move (ages 8-12) 2:45-3:15pm		Born to Move (ages 8-12) 4:30-5pm		Born to Move (ages 8-12) 4:30-5pm	Sprint 12-12:30pm	Born to Move (ages 6-7) 11:30am-12:00pm
Core 3:30-4pm		Core 5:15-5:45pm		Core 5:15-5:45pm	Barre 4-4:30pm	Born to Move (ages 8-12) 12:15-12:45pm
		Body Combat 6-6:45pm		Body Combat 6-6:45pm	Core 5-5:30pm	Born to Move (ages 13-16) 1-1:30pm
				Zumba 7-8:00pm		

	Les Mills Virtual Classes
	Traditional Classes