

Group Ex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|
| <p>POWERPUMP 6:30-7:15am w/ Laura B.</p> <p>YOGA 8:30-9:15am w/ Kara</p> <p>BARRE 9:30-10:15am w/ Abbey</p> <p>FIT OVER 50 10:30-11:15am w/ Beth</p> <p>STRETCH 11:15am-12:00pm w/ Jess</p> <p>SPIN 5:15-6:00pm w/ Diana</p> | <p>SPIN 5:00-5:45am w/ Diana</p> <p>OPTIMAL GRIND 6:00-7:00am w/ Eric</p> <p>POWERPUMP 6:30-7:15am w/ Jannie</p> <p>BARRE 9:15-10:00am w/ Jenna</p> <p>TAI-CHI 10:15-11:30am w/ Nathan</p> <p>SPINFIT 4:30-5:15pm w/ Laura B.</p> | <p>SPINFIT 6:30-7:15am w/ Laura B.</p> <p>CARDIO + CORE 8:15-9:00am w/ Laura B.</p> <p>SCULPT + TONE 9:30-10:15am w/ Jess</p> <p>FIT OVER 50 10:30am-11:15am w/ Beth</p> <p>MAX BURN 5:00-6:00pm w/ Megan S.</p> | <p>SPIN 5:15-6:00am w/ Regina</p> <p>OPTIMAL GRIND 6:00-7:00am w/ Eric</p> <p>POWERPUMP 6:30-7:15am w/ Jannie</p> <p>BARRE 9:15-10:00am w/ Abbey</p> <p>TAI-CHI 10:15-11:30am w/ Nathan</p> <p>BARRE 5:00-6:00pm w/ Jess</p> <p>YOGA 6:00-6:45pm w/ Laura S.</p> | <p>GET FIT 6:30-7:15am w/ Jenna</p> <p>YOGA 8:30-9:15am w/ Kara</p> <p>ZUMBA 9:30-10:15am w/ Jenn B</p> <p>MAT PILATES 10:30-11:15am w/ Abbey</p> <p>STRETCH 11:15am-12:00pm w/ Jess</p> | <p>SPIN 8:00-8:45am <i>See Mindbody for scheduled instructor.</i></p> <p>MAX BURN 9:00-10:00am w/ Megan S.</p> |
| | | | | | SUNDAY |
| | | | | | |