



January 2022

Group Exercise



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-7:00AM CROSS TRAINING PILATES	6:00 AM-7:00 AM CROSS TRAINING	6:00 AM-7:00 AM CROSS TRAINING PILATES	6:00 AM-7:00 AM CROSS TRAINING (CARDIO)			
	7:30 AM-8:30 AM ABS & CORE (BALCONY)		7:30 AM-8:30 AM ABS & CORE (BALCONY)			
8:45 AM-9:45 AM YOGA	8:15 AM –9:15 AM YOGA BALL	8:45 AM-9:45 AM YOGA	8:15 AM –9:15 AM YOGA BALL	8:15 AM– 9:15 AM POP UP CLASS		
9:15 AM –10:15 AM EASY DOES IT		9:15 AM –10:15 AM EASY DOES IT		9:15 AM -10:15AM EASY DOES IT	9:15 AM– 10:15 AM GROUP CYCLE	
	10:00 AM-11:00 AM CLASSIC YOGA		10:00 AM-11:00 AM CLASSIC YOGA			
	11:00 AM–12:00PM CHAIR YOGA		11:00 AM– 12:00PM SIT AND BE FIT (STRENGTH AND ROM)			
12:00 PM-1:00 PM CROSS TRAINING		12:00 PM-1:00 PM CROSS TRAINING	12:00 PM– 1:00 PM SPECIAL OLYMPICS FIT 5			
		1:30 PM –3:00 PM LINE DANCING				3:00 PM– 4:00PM POP UP CLASS
5:00 PM –7:00PM BOXING	6:00 PM - 7:00 PM TABATA	5:00 PM –7:00PM BOXING	6:00 PM– 7:00 PM FULL BODY FITNESS			
			7:00 PM-9:00PM LINE DANCING			