Group Training @The Club

APR 22, 2024 -APR 28, 2024

Goal 17: ADD nutrient dense vegetables to your dinner

			OTHER			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO
	6:00 - 7:00am	9:00 - 10:00am	6:00 - 7:00am	7:15 -7:45am	8:00 - 8:45am	9:00 - 9:45am
	CYCLE	CYCLE CIRCUIT	CYCLE	POWER CYCLE	CYCLE	CYCLE
	LINDA D	TIFFANY	LINDA D	RETURNS ON 050324	SANDRA	TIFFANY
	5:45-6:30pm					
	CYCLE					
	KIM					
			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAI	TOLOBAT	WEDNESDAT	7:30 - 8:30am	HUBAT	GATORDAT	OUNDAT
			MAT PILATES Yoga Studio	ı		
			IRINA	l		
	8:15 - 9:00am		8:00 - 9:00am	8:00 - 9:00am	8:00am - 9:00am	
	ONE MORE REP		STEP	CARDIO & STRENGTH	HATHA YOGA	
	TIFFANY		AMY	C.R.	NEW TIME IRINA	
	9:15 - 10:15am		9:05 - 10:05am	9:15 - 10:15am	NEW TIME IKINA	
	CARDIO,CORE&STRENGTH		BODY CONDITIONING	ZUMBA		
	AMY		LINDA U	KRISTEN		
10:30 - 11:30am	AIVIT	10:30 - 11:30am	LINDAU	RRISTEN		
ACTIVE AGING		ACTIVE AGING				
KIM		SUZANNE				
IXIIVI		JUZANNE				
6:00 7:00		E:20 0:20	F:00 C:00			
6:00 - 7:00pm ZUMBA/WERQ COMBO		5:30 - 6:30pm BARRE' FUSION	5:00 - 6:00pm ZUMBA			
ERIN	0.45 7.00	IRINA	KRISTEN			
	6:45 - 7:30pm	6:45 - 7:30pm	6:15 - 7:00pm			
	TOTAL BODY STRENGTH KIM	KIM	CARDIO & STRENGTH SANDRA			
	KIIVI	Klivi	SANDRA			
	BOXING ROOM	M POOT	CAMP ROOM	DICKI EDA	LL (PB) COURT	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WIONDAT	TOESDAT		s required for all boxing of		SATURDAT	JUNDAT
6:15 - 7:00am		6:15 - 7:00am	s required for all boxing c	6:15 - 7:00am		8:00 - 8:45am
TABATA TRAINING		CIRCUIT STRIKE		BATTLE BOXING		BEST OF BOTH WORL
LEXI		JASON		LEXI		MICHELE
9:30 - 10:30am		9:30 - 10:30am		10:30 - 11:30am	8:00 - 9:00am	WHOTIELE
OTAL Training Bootcamp	1	TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
LINDA U		LINDA U		KIM	LEXI	
21571.0		2.11.07.1.0				
7:00 - 7:45pm						
HIIT BOXING***						
LEXI						
LLXI						
	1		TYCOA CTUDION	 		
		**				
MONDAY	THEODAY		*YOGA STUDIO**		CATUDDAY	DIMPAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY		WEDNESDAY	THURSDAY	FRIDAY	NEW TIME	
ZOOM ONLY 10:00 - 11:00am	8:45 - 9:45am	WEDNESDAY 8:45 - 9:45am	THURSDAY 10:00 - 11:15am	FRIDAY 9:00 - 10:00am	NEW TIME 8:00am - 9:00am	10:15 - 11:30am
200M ONLY 10:00 - 11:00am SLOW FLOW YOGA	8:45 - 9:45am YOGA	WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:15am strong coreihealthy back	FRIDAY 9:00 - 10:00am GENTLE YOGA	8:00am - 9:00am HATHA YOGA	10:15 - 11:30am HATHA-VINYASA BLE
ZOOM ONLY 10:00 - 11:00am	8:45 - 9:45am YOGA returns next week	WEDNESDAY 8:45 - 9:45am	THURSDAY 10:00 - 11:15am	9:00 - 10:00am GENTLE YOGA CHARLES	NEW TIME 8:00am - 9:00am	10:15 - 11:30am
ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY	8:45 - 9:45am YOGA returns next week ZOOM ONLY	8:45 - 9:45am SLOW FLOW VINYASA CAROL	THURSDAY 10:00 - 11:15am STRONG COREINEALTHY BACK KAVITHA	9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY	8:00am - 9:00am HATHA YOGA	10:15 - 11:30am HATHA-VINYASA BLE
ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY 6:30 - 7:45pm	8:45 - 9:45am YOGA returns next week ZOOM ONLY 10:00 - 11:00am	8:45 - 9:45am SLOW FLOW VINYASA CAROL 6:45pm - 7:45pm	THURSDAY 10:00 - 11:15am STRONG CORENEALTHY BACK KAVITHA 6:30 - 7:30pm	9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am	8:00am - 9:00am HATHA YOGA	10:15 - 11:30am HATHA-VINYASA BLE
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