





Outdoor Group Training June 29 - July 5, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45am CLIMB Class Limit: 25 BRIAN	8:30-9:30am Cycle Class Limit: 12 TIFFANY		8:00-9:00AM H.I.I.T. Class Limit: 25 KTP	Pool Hours: 1:00-7:00pm	
9:15-10:00am Pilates Interval Training Class Limit: 25 CLARE					8:30-9:30am MetaCardio MashUp Class Limit: 25 KTP	
		10:15-11:15AM BARRE Fitness Class Limit: 25 EMILY B				
				5:00-5:45pm Pilates Interval Training Class Limit: 25 CLARE		
			Gentle Yoga 5:45-6:45pm Strength & Sculpt Class Limit: 25 KTP			
6:00-7:00pm FIT (Fun, Intense Torture) Class Limit: 25 MAUREEN	7:00-8:00pm H.I.I.T. Class Limit: 25 KTP					
"BACKYARD" GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am Best of Both Worlds Class Limit: 25 BO	7:00-7:45am Ultimate Bootcamp Class Limit: 25 KEVIN	6:00-7:00am Best of Both Worlds Class Limit: 25 BO	7:00-8:15am Hatha Yoga Class Limit: 25 KAVITHA	6:00-7:00am Best of Both Worlds Class Limit: 25 BO		
	8:00-9:00AM Therapeutic Yoga Class Limit: 25 SUZY	8:00-9:00am Healthy Backs Class Limit: 25 ANN				
	9:30-10:45am Ashtanga Class Limit: 25 SUZY	9:30-10:30am Total Training Bootcamp Class Limit: 25 LINDA U.				
4:30-5:30PM Healthy Backs Class Limit: 25 LINDA T	5:45-6:30pm BARRE Class Limit: 25 CLARE					
5:45-6:45PM Slow Flow Class Limit: 25 LINDA T	7:00-8:15pm StrongCore/HealthyBack Class Limit: 25 KAVITHA			6:00-7:00pm Best of Both Worlds Class Limit: 25 BO		
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am AQUA Class Limit: 15 C.R.	