Group Training 100 June 17 - 23, 2019

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KIM			
8:15-9:15AM Strength & Stretch SUZANNE	8:00-9:00AM P90X BRIAN	8:00-9:00am Body Condtioning C.R.	8:00-9:00AM Step LISA	8:00-9:00AM H.I.I.T. KIM	7:50-8:50am WERQ KASIA	
9:15-10:15AM MetaCardio MashUp KIM	9:15-10:15AM MetaCardio Mix LINDA U	No 9:15 Zumba	9:15-10:15AM Body Conditioning LISA	9:15-10:15AM Zumba KRISTEN	9:00-10:00AM Step Special LISA	9:05-10:00am BollyX DEEPTHI
10:15-11:15AM Cardio Circuit KIM T-P	10:30-11:30AM WERQ KASIA	10:15-11:15AM BARRE Fitness EMILY B	10:30-11:30AM P90X BRIAN	10:30-11:30AM Basic Cardio SUZANNE	10:00-11:00AM Body Conditioning LISA	No WERQ
11:15AM-12:15PM Chair	11:45AM-12:30PM Body Condtioning	11:15AM-12:15PM Senior Strength & Stretch	11:45am-12:45pm Chair Yoga	11:45AM-12:30PM P90X	LIOA	
Yoga KIM Th	MAUREEN	SUZANNE	KIM T	BRIAN		12:30-1:30
	4:30-5:30pm	T PILATES RELOCATED 1	O YOGA STUDIO	4:30-5:15pm		Barre Intensity CARRIE
5:45-6:45PM	PiYo CLARE 5:45-6:45pm	5:45-6:45PM	5:45-6:45pm	Pilates Interval Training CLARE 5:45-6:45pm		
Zumba KRISTEN	BARRÉ CLARE	Zumba MEGAN	Strength & Sculpt KIM	WERQ KASIA		
6:45-7:45PM Body Conditioning MAUREEN	7:00-8:00PM +.I.I.T. KIM	7:00-8:00PM P90X BRIAN	7:00-8:00PM MetaCardio MashUp KIM			
			CLING STUDIO	*	ITORING AVAILABLE IN AL	
MONDAY	TUESDAY 8:00-8:45AM Basic Cycle LINDA D	5:45-6:45AM CycleZone I.T. LINDA D	THURSDAY 8:00-9:00AM H.I.I.T. Cycle LINDA D	FRIDAY 5:45-6:45AM Fast & Furious Cycle LINDA D	8:00-9:00AM Cycle Solstice Sprints	8:30-9:30AM CycleZone H.I.I.T. TIFFANY
9:15-10:15AM CycleZone H.I.I.T. TIFFANY	=	9:15-10:15AM Summer Cycle TIFFANY		9:15-10:15AM CycleZone AMY C	-	
	5:45-6:45PM CycleZone HILARY		5:45-6:45PM CycleZone HILARY			
WRAPS/GLOVES REQUIR	RED FOR ALL BOXING/KB	ВООТ	CAMP / BOXING	WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
MONDAY 6:05-7:00AM Ultimate Bootcamp	TUESDAY No LED Boxing	WEDNESDAY No Best of Both Worlds	THURSDAY	FRIDAY 6:05-7:00AM Ultimate Bootcamp	SATURDAY 7:25-8:25am Total Training Bootcamp	9:00-10:00AM Cardio KickBoxing
9:05-10:00AM Total Training Bootcamp		9:05-10:00AM Total Training Bootcamp	No KickBoxing 45	9:05-10:00AM Ultimate Bootcamp	8:30-9:30AM Cardio KickBoxing	CAT 10:15-11:15am Total Training Bootcam
LINDA U. 12:00-12:45pm Kickboxing 45 CAT	CAT	LINDA U. 12:00-12:45pm KickBoxing 45 CAT		KEVIN	CAT	LINDA U
7:00-8:00PM	6:35-7:30PM	7:00-8:00PM •	6:35-7:30PM			
Cardio KickBoxing CAT	Ultimate Bootcamp KEVIN	Cardio KickBoxing CAT	VItimate Bootcamp KEVIN YOGA STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORDAT	8:00-9:00AM Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs SHERI	GONDAT
9:00-10:15AM Vinyasa LINDSAY	9:15-10:30AM Ashtanga SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM Art of Vinyasa SUZY	9:15-10:15AM Slow Flow SUZY	9:15-10:30AM Vinyasa ★ SHERI	8:45-9:45AM Yin MARY
10:30-11:30am Hatha Yoga LINDSAY	10:45-11:45AM Hatha MARY	10:30-11:30AM PiYo LINDA U.	11:00AM-12:00PM Hatha Yoga KAVITHA	10:30-11:30AM Hatha Yoga SUZY	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow MARY
4:30-5:30PM Healthy Backs LINDA T	1:00-2:00pm Mat Pilates AMY K		1:00-2:00pm Mat Pilates AMY K	11:45AM-1:00PM Gentle Yoga MIMI		No Yogalates
5:45-6:45PM Slow Flow	5:30-6:30pm VINYASA	6:00-7:00PM Yin KARYN	6:15-7:30PM VINYASA RUSTY			
LINDA T	KIM Th					I
	KIM Th ★6:45-7:45PM StrongCore/HealthyBack KAVITHA	7:15-8:15PM	7:45-8:45pm RESTORATIVE YOGA RUSTY			
LINDA T 7:00-8:00PM Hatha Yoga	6:45-7:45PM StrongCore/HealthyBack	7:15-8:15PM Slow Flow	RESTORATIVE YOGA			
LINDA T 7:00-8:00PM Hatha Yoga	6:45-7:45PM StrongCore/HealthyBack	7:15-8:15PM Slow Flow	RESTORATIVE YOGA RUSTY	FRIDAY 11:00-12:00pm Aqua	SATURDAY	SUNDAY 11:00-12:00pm Aqua

Group Training 100 June 24 - 30, 2019

			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM MetaCardio MashUp KTP			
8:15-9:15AM Ball & Roller SUZANNE	8:00-9:00AM P90X BRIAN	8:00-9:00am Body Condtioning C.R.	8:00-9:00AM Step ANN	8:00-9:00AM H.I.I.T. KTP	7:50-8:50am WERQ KASIA	
9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:15-10:15AM	9:00-10:00AM	9:05-10:00am
MetaCardio MashUp KTP	MetaCardio Mix AMY C	Zumba KRISTEN	Body Conditioning ANN	Latin Dance Fit JENNIFER	Step Special TERRY	BollyX DEEPTHI
10:15-11:15AM	10:30-11:30AM	10:15-11:15AM	10:30-11:30AM	10:30-11:30AM	10:00-11:00AM	10:15-11:15am
Cardio Circuit LINDA U	WERQ EMILY M	BARRE Fitness CLARE	P90X BRIAN	Basic Cardio LINDA U	Body Conditioning TERRY	PiYo CLARE
11:15AM-12:15PM		11:15AM-12:15PM			TERRIT	OLARCE
Chair Yoga	11:45AM-12:30PM Body Condtioning	Senior Strength & Stretch	11:45am-12:45pm Chair Yoga	11:45AM-12:30PM P90X		
KIM Th	MAUREEN	SUZANNE	KIM Th	BRIAN		
	THES/THIDS MA	T PILATES RELOCATED	TO VOCA STUDIO			12:30-1:30 Barre Intensity
	TOES/THORS MA	I FILATES RELOCATED	TO TOGA STODIO			CLARE
	4:30-5:30pm PiYo CLARE			4:30-5:15pm Pilates Interval Training CLARE		
5:45-6:45PM	5:45-6:45pm	5:45-6:45PM	5:45-6:45pm	5:45-6:45pm		
Zumba KRISTEN	BARRE CLARE	Zumba MEGAN	Strength & Sculpt KTP	WERQ KASIA		
6:45-7:45PM	7:00-8:00PM 🖴	7:00-8:00PM	7:00-8:00PM	NASIA		
Body Conditioning MAUREEN	H.I.I.T.	P90X	MetaCardio MashUp			
MAUREEN	KTP	BRIAN	CLING STUDIO	- HEART RATE MON	ITORING AVAILABLE IN AL	L CYCLE CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAI	8:00-8:45AM	5:45-6:45AM	8:00-9:00AM	5:45-6:45AM	8:00-9:00AM	8:30-9:30AM
	Basic Cycle LINDA D	FIREBALL Cycle LINDA D	Cycle SURGE LINDA D	TOUGH TERRAIN Cycle KTP	Cycle DRILLS w/ HILLS KTP	CycleZone TAYLOR
9:15-10:15AM CZ Monday Mountains	LINDA D	9:15-10:15AM CycleZone	LINDA D	9:15-10:15AM CycleZone	KIP	TAYLOR
TIFFANY	5:45-6:45PM	TIFFANY	5:45-6:45PM	AMY C		
	CycleZone HILARY		CycleZone HILARY			
WRAPS/GLOVES REQUIR	RED FOR ALL BOXING/KB	BOOT	CAMP / BOXING	WRAPS OR GLOVES RE	QUIRED FOR ALL BOXING	KICKBOXING CLASSES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05-7:00AM Ultimate Bootcamp KEVIN	6:15-7:00AM LED Boxing BO	6:00-7:00am Best of Both Worlds BO		6:05-7:00AM Ultimate Bootcamp KEVIN	7:25-8:25am Total Training Bootcamp LINDA U	9:00-10:00AM Cardio KickBoxing CAT
9:05-10:00AM Total Training Bootcamp LINDA U.	9:15-10:00am KickBoxing 45 CAT	9:05-10:00AM Total Training Bootcamp LINDA U.		9:05-10:00AM Ultimate Bootcamp KEVIN	8:30-9:30AM Cardio KickBoxing CAT	10:15-11:15am Total Training Bootcam LINDA U
12:00-12:45pm Kickboxing 45 CAT	5,	12:00-12:45pm KickBoxing 45 CAT		NEVIII.	57.11	2.11.571.0
OAI		CAT				
7:00-8:00PM Cardio KickBoxing CAT	6:35-7:30PM Ultimate Bootcamp KEVIN	7:00-8:00PM Cardio KickBoxing CAT	6:35-7:30PM Ultimate Bootcamp KEVIN			
OAT	ICEVIIV	OAT	YOGA STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00AM Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY	8:00-9:00 am Sunrise Flow KIM Th	8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM Vinyasa KIM Th	9:15-10:30AM Art of Vinyasa SUZY	9:15-10:15AM HATHA KELLY	9:15-10:30AM Art of Vinyasa SUZY	9:15-10:15AM Sculpt & Flow ANN	9:15-10:30AM Vinyasa MARY	8:45-9:45AM Yin KARYN
10:30-11:30am	10:45-11:45AM	10:30-11:30AM	11:00AM-12:00PM	10:30-11:30AM	11:00AM-12:00PM	10:00-11:00AM
Hatha Yoga KAVITHA 4:30-5:30PM	Hatha MJ 1:00-2:00pm	PiYo LINDA U.	Hatha Yoga KAVITHA 1:00-2:00pm	Hatha Yoga ANN 11:45AM-1:00PM	Hatha Yoga TODD	Slow Flow KARYN 4:30-5:30PM
Healthy Backs LINDA T	Mat Pilates AMY K	0.00 7.00014	Mat Pilates AMY K	Gentle Yoga MIMI		Yogalates SUZY
5:45-6:45PM Slow Flow LINDA T	5:30-6:30pm VINYASA KIM Th	6:00-7:00PM ★ Yin KARYN	6:15-7:30PM VINYASA RUSTY			
7:00-8:00PM Intermediate Flow KAVITHA	★ 6:45-7:45PM StrongCore/HealthyBack KAVITHA	7:15-8:15PM	7:45-8:45pm RESTORATIVE YOGA RUSTY			
			POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00pm	11:15-12:00pm			11:00-12:00pm		
Aqua LINDA T	Aqua C.R.			Aqua NORENE		