

Group Training @ The Club

Jan 24, 2022 - Jan 30, 2022

WORKOUT ALLEY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-7:00am CYCLE LINDA D					
	8:15-9:00am One More Rep TIFFANY		8:00-9:00am STEP CIRCUIT KIM	8:00-9:00am CARDIO & STRENGTH C.R.	8:00-9:00am CYCLE KIM	8:30-9:30am CYCLE TIFFANY
	9:30-10:30am Cardio, Core, & Strength LINDA	9:15-10:15am CYCLE CIRCUIT TIFFANY	9:05-10:05am Body Conditioning AMY	9:15-10:15am CYCLE LINDA D	9:30-10:30am ZUMBA LEXI	
10:30-11:30am ACTIVE Aging KIM		10:30-11:30am ACTIVE Aging KIM			11:00am-12:00pm HATHA Yoga AUTUMN	
6:00-7:00pm ZUMBA KRISTEN	5:45-6:30pm CYCLING LEXI					
7:15-8:00pm HIIT KIM	6:45-7:30pm Body Conditioning MAUREEN	6:45-7:15pm Bests of Both Worlds BO	6:15-7:15pm Strength & Sculpt KIM			
BOXING ROOM BOOTCAMP ROOM PICKLEBALL (PB) COURT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes				
6:15-7:00am TABATA TRAINING BO	6:45-7:30am Ultimate Bootcamp KEVIN	6:15-7:00am CARDIO Circuit Training BO		6:15-7:00am Best of Both Worlds BO		
9:30-10:30am Total Training Bootcamp LINDA		9:30-10:30am Total Training Bootcamp LINDA			8:00-9:00am Total Training Bootcamp LINDA	8:00-8:45am Boxing Conditioning BO
7:15-8:00pm HIIT BOXING** BO		7:15-7:45pm Bests of Both Worlds BO	6:30-7:30pm Total Training Bootcamp LINDA			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ZOOM ONLY	ZOOM ONLY	ZOOM ONLY			
	10:00-11:00am Yoga Therapeutics Suzy	10:00-11:00AM Ashtanga Yoga Suzy	10:00-11:00am Yogalates Suzy	9:00-10:00am GENTLE YOGA CHARLES	11:00am-12:00pm HATHA Yoga IN STUDIO A w/AUTUMN	10:15-11:30am Vinyasa AUTUMN
6:30-7:45pm HATHA Yoga KAVITHA		6:45pm-8:00pm VINYASA Yoga AUTUMN				
POOL/POOL DECK						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA Fitness CAROL		8:30-9:30am NEW TIME AQUA Fitness C.R.		9:00-10:00am AQUA Fitness C.R.		9:00-10:00am AQUA Fitness C.R.