Group Training @NAC JULY 14, 2025 - JULY 20, 2025

Goal 29: Train, not to impress, but to grow

| | | | ****** | | | |
|--|---|--|--|--|---|--|
| | | | ***OTHER*** | | | |
| | 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 | | 8:00 - 8:45am | 9:00 - 9:45am |
| | CYCLE | CYCLE CIRCUIT | CYCLE | | CYCLE | CYCLE |
| | LINDA D | RETURNS 072325 | LINDA D | ı | SANDRA | TIFFANY |
| | | | | | | |
| | | | ***STUDIO A*** | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | 7:30 - 8:30am MAT PILATES in YOGA STUDIO IRINA | | | |
| | 8:15 - 9:00am | | 8:00 - 9:00am | | 8:00am - 9:00am | |
| | ONE MORE REP | | STEP | | HATHA YOGA | |
| | NATALIE | | ANN | | ANN | |
| | 9:15 - 10:15am | | 9:05 - 10:05am | 9:15 - 10:15am | | |
| | CARDIO, CORE & STRENGTH | | BODY CONDITIONING | ZUMBA | | |
| 10:30 - 11:30am | LINDA U | 10:30 - 11:30am | ANN | KRISTEN | | |
| ACTIVE AGING | | ACTIVE AGING | | | | |
| ANN | | SUZANNE | | | | |
| AININ | | SUZANNE | | | | |
| | | 5:30 - 6:30pm | | | | |
| | | BARRE' FUSION | | | | |
| | 6:45 - 7:30pm | IRINA 6:45 - 7:30pm | 6:45 - 7:30pm | | | |
| | TABATA THIS | STRENGTH & SCULPT | CARDIO & STRENGTH | | | |
| | KIM | KIM | C.R. | | | |
| | ***BOXING ROOF | M*** BOO1 | CAMP ROOM | PICKLEBA | LL (PB) COURT | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | s required for all boxing of | | | |
| 6:15 - 7:00am | | | | | | |
| | | 6:15 - 7:00am | | 6:15 - 6:45am | | |
| TABATA TRAINING | | 6:15 - 7:00am CIRCUIT STRIKE | | 6:15 - 6:45am BATTLE BOXING | | |
| | | | | | | |
| TABATA TRAINING | | CIRCUIT STRIKE | | BATTLE BOXING | 8:00 - 9:00am | |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp | | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET | TOTAL Training Bootcamp | |
| TABATA TRAINING LEXI 9:15 - 10:15am | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U | | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM | | |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U | s required for all boxing o | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM | TOTAL Training Bootcamp | |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U | s required for all boxing o | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM | TOTAL Training Bootcamp | |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm HIIT BOXING*** | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U | s required for all boxing o | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM | TOTAL Training Bootcamp | |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm | | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U | s required for all boxing o | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM | TOTAL Training Bootcamp | |
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| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm HIIT BOXING*** | TUESDAY | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U ***Glove | | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM classes*** | TOTAL Training Bootcamp | SUNDAY |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm HIIT BOXING*** IRINA | TUESDAY | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U ***Glove | *YOGA STUDIO* | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM classes*** | TOTAL Training Bootcamp LEXI | SUNDAY |
| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm HIIT BOXING*** IRINA | TUESDAY 8:45 - 9:45am | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U ***Glove | *YOGA STUDIO* | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM classes*** FRIDAY | TOTAL Training Bootcamp LEXI | SUNDAY 10:15 - 11:30am |
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| TABATA TRAINING LEXI 9:15 - 10:15am OTAL Training Bootcamp LINDA U 7:00 - 7:45pm HIIT BOXING*** IRINA MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA | 8:45 - 9:45am YOGA ANN ZOOM ONLY | CIRCUIT STRIKE JASON 9:15 - 10:15am TOTAL Training Bootcamp LINDA U ****Glove *** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA | *YOGA STUDIO** THURSDAY 10:00 - 11:15am STRONG CORE & BACK | BATTLE BOXING LEXI 10:30 - 11:30am TOTAL BODY RESET KIM classes*** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY | SATURDAY 8:00am - 9:00am HATHA YOGA | 10:15 - 11:30am HATHA-VINYASA BLE |
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