

Group Training @ The Club Oct 04-Oct 10, 2021

WORKOUT ALLEY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-9:00am CLIMB BRIAN	9:15-10:15am CYCLE CIRCUIT TIFFANY			8:00-9:00am CYCLE KIM	
9:30-10:30am Total Training Bootcamp LINDA			10:30-11:30am ZUMBA KRISTEN		9:30-10:30am ZUMBA KRISTEN	8:30-9:30am CYCLE TIFFANY
5:30-6:30pm ZUMBA (Studio A) ERIN	5:45-6:45pm CYCLING HILARY	6:00-7:00pm CLIMB BRIAN	6:30-7:30pm Total Training Bootcamp LINDA			
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00-9:00am STEP ANN	8:00-9:00am Cardio & Strength C.R.		
10:30-11:30am ACTIVE Aging ANN	9:30-10:30am Cardio, Core, & Strength LINDA	10:30-11:30am ACTIVE Aging KIM	9:05-10:05am Body Conditioning ANN			
	6:45-7:30pm Body Conditioning MAUREEN		6:15-6:45pm Row & GO! KIM			
7:15-8:00pm HIIT KIM		7:00-8:00pm HIIT KIM				
BOXING ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes.				
6:15-7:00am TABATA TRAINING LEXI	6:45-7:30am Ultimate Bootcamp KEVIN	6:15-7:00am CARDIO Circuit Training BO		6:15-7:00am Both Worlds Modified KIM		8:00-8:45am Athletic Conditioning KIM
	9:15-10:00am Cardio Circuit TIFFANY	9:30-10:30am Total Training Bootcamp LINDA			8:00-9:00am Total Training Bootcamp LINDA	
		Gloves required for all boxing classes.				
7:15-8:00pm HIIT BOXING*** LEXI		7:15pm - 8:00pm Cardio Boxing*** BO	7:15-8:00pm Strength Special Coach Jeff			
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:30am HUMBLE WARRIOR BRIAN		10:30-11:30am Wellness Warrior BRIAN	9:00-10:00am Humble Warrior BRIAN	9:00-10:00am GENTLE YOGA BRIAN	11:00am-12:00pm HATHA Yoga ANN	10:15-11:30am Vinyasa AUTUMN
6:30-7:45pm HATHA Yoga KAVITHA	6:00-7:00pm SLOW FLOW AUTUMN	6:45pm-8:00pm VINYASA Yoga AUTUMN				
POOL/POOL DECK						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA Fitness DEB		9:00-10:00am AQUA Fitness C.R		9:00-10:00am AQUA Fitness DEB		9:00-10:00am AQUA Fitness C.R.