

# FALL 2021 GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m. - 8 a.m. Vinyasa Flow	6:30 a.m. - 7:30 a.m. Full Body Strength	6:30 a.m. - 7:15 a.m. HIIT	7 a.m. - 8 a.m. Cycle Fit	6:30 a.m. - 7:15 a.m. HIIT	9:30 a.m. - 10:15 a.m. HIIT
8 a.m. - 9 a.m. Cycle Fit	7 a.m. - 8 a.m. Cycle Fit	7 a.m. - 8 a.m. Vinyasa Flow	8:30 a.m. - 9:15 a.m. HIIT	7 a.m. - 8 a.m. Cycle Fit	10 a.m. - 11 a.m. Power Yoga
10:15 a.m. - 11 a.m. HIIT	8 a.m. - 9 a.m. Pilates	8 a.m. - 9 a.m. Cycle Fit	Noon - 1 p.m. Boxing Fitness	7:30 a.m. - 8 a.m. Core	Noon - 1 p.m. Step
1:30 p.m. - 2:15 p.m. Express Cycle	8:30 a.m. - 9:15 a.m. HIIT	9 a.m. - 10 a.m. Full Body Strength	12:30 p.m. - 1:15 p.m. Pilates	8 a.m. - 9 a.m. Full Body Strength	1 p.m. - 2 p.m. Pilates
2 p.m. - 2:45 p.m. HIIT	11:00 a.m. - 11:45 a.m. TRX	12:15 p.m. - 1 p.m. Express Cycle	1 p.m. - 2 p.m. Step	10 a.m. - 10:45 a.m. Power Yoga	3 p.m. - 4 p.m. Cycle Fit
3:30 p.m. - 4:30 p.m. Full Body Strength	Noon - 12:45 p.m. Vinyasa Flow	12:30 p.m. - 1:15 p.m. Restorative Yoga	2:15 p.m. - 3:15 p.m. Full Body Strength	11:15 a.m. - Noon Pilates	<b>SUNDAY</b>
4 p.m. - 4:45 p.m. Pilates	2 p.m. - 2:45 p.m. HIIT	1 p.m. - 1:45 p.m. BOSU	3:30 p.m. - 4:30 p.m. Power Yoga	11:30 a.m. - 12:15 p.m. Choreo Dance	
5 p.m. - 6 p.m. Vinyasa Flow	3:30 p.m. - 4:30 p.m. Step	1:30 p.m. - 2:30 p.m. Step & Strength	3:30 p.m. - 4:15 p.m. HIIT	3 p.m. - 4 p.m. Yoga Fitness	
5:30 p.m. - 6:30 p.m. Step	3:30 p.m. - 4:15 p.m. Power Yoga	3:30 p.m. - 4:15 p.m. Express Full Body Strength	4 p.m. - 5 p.m. Cycle Core	4 p.m. - 5 p.m. Full Body Strength	
6 p.m. - 6:45 p.m. SUP Yoga	4 p.m. - 5 p.m. Cycle Fit	4:30 p.m. - 5:30 p.m. Step	4:30 p.m. - 5:15 p.m. HIIT	4 p.m. - 5 p.m. Cardio Dance Party	
6:30 p.m. - 7:30 p.m. Power Yoga	4:30 p.m. - 5:15 p.m. Yoga Fitness	5 p.m. - 6 p.m. 20/20/20	5:30 p.m. - 6:30 p.m. Restorative Yoga	5:30 p.m. - 6:30 p.m. Happy Hour <i>Rotates between Athletic, Mind/Body and Cycle</i>	12:30 p.m. - 1:30 p.m. Full Body Strength
6:40 p.m. - 7:40 p.m. Boxing Fitness	5:30 p.m. - 6:30 p.m. Pilates	5 p.m. - 6 p.m. Cycle Fit	6 p.m. - 7 p.m. Full Body Strength		3 p.m. - 3:45 p.m. Core
6:45 p.m. - 7:45 p.m. Cardio Dance Party	6:30 p.m. - 7:15 p.m. BOSU	5:30 p.m. - 6:15 p.m. SUP Fitness	6 p.m. - 7 p.m. 20/20/20		6:30 p.m. - 7:30 p.m. Yoga Fitness
8 p.m. - 9 p.m. Step	6:30 p.m. - 7:15 p.m. HIIT	6:30 p.m. - 7:30 p.m. Step	6:30 p.m. - 7:15 p.m. TRX		7 p.m. - 8 p.m. Cycle Fit
8:15 p.m. - 9 p.m. Express Full Body Strength	7 p.m. - 8 p.m. Yoga Fitness	7 p.m. - 8 p.m. Pilates	7 p.m. - 7:45 p.m. Pilates		
	7:45 p.m. - 8:15 p.m. Core	7:30 p.m. - 8:30 p.m. Boxing Fitness	7:30 p.m. - 8:30 p.m. Step		
	8 p.m. - 8:45 p.m. HIIT	8 p.m. - 9 p.m. Cardio Dance Party	8 p.m. - 9 p.m. Yoga Fitness		