

## GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE HOUR UNLESS NOTED OTHERWISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM TRX (Philip)	6:00 AM XBIKE (Charity)	6:00 AM TRX (Philip)	6:00 AM XBIKE (Madison)	6:00 AM TRX (Matt)	8:15 AM SHREDMILL (Josh)	10:30 AM PILATES (Madison)
6:30 AM * GROUP TRAINING	6:30 AM * GROUP TRAINING	6:30 AM * GROUP TRAINING	6:30 AM * GROUP TRAINING	6:30 AM * GROUP TRAINING	9:00 AM TRX (Joey)	5:30 PM YOGA ALL LEVELS (Ashley)
12:00 PM PILATES (Kat)	12:00 PM FULL BODY TONE (Emilee)	12:00 PM XBIKE (Emilee)	12:00 PM FULL BODY TONE (Emilee)	12:00 PM POWER ABS (Emilee)	9:00 AM XBIKE (Charity)	
12:00 PM XBIKE (Emilee)	5:30 PM POWER ABS (Mario)	12:00 PM PILATES (Kat)	5:30 PM POWER ABS (Mario)	12:30 PM XBIKE (Emilee)	10:00 AM * GROUP TRAINING	
4:30 PM SHREDMILL (Matt)	6:00 PM XBIKE (Eric)	4:30 PM SHREDMILL (Matt)	6:00 PM SKI & SNOWBOARD CONDITIONING (Matt)		11:00 AM YOGA ALL LEVELS (Kat)	
5:30 PM POWERSCULPT (Kat)	6:00 PM INTRO TO TRX (Ryan)	5:30 PM POWERSCULPT (Kat)	6:00 PM TRX (Philip)			
6:00 PM XBIKE (Eric)	6:00 PM KNOCKOUT BODY (Josh)	6:00 PM XBIKE (Charity)	7:00 PM YOGA FLOW ALL LEVELS (Kat)			
6:30 PM * GROUP TRAINING	6:30 PM * GROUP TRAINING	6:30 PM * GROUP TRAINING				
7:00 PM YOGA FLOW ALL LEVELS (Sarah)	7:00 PM POWER YOGA ALL LEVELS (Nikki)	7:00 PM YOGA FLOW ALL LEVELS (Michelle)				

LIMITED  
TIME  
OFFER