

# Spring 2024 Group Fitness Schedule

**\*\*subject to modification! For the most up-to-date schedule, go to IMLeagues\*\***

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Grit w/Sammie 7-7:30am Studio B	Cycle w/Makenna 8-8:45am Studio C	Rhythm Ride w/Madi 8-8:45am Studio C	Mystery Cycle 8-8:45am Studio C	BodyCombat or Balance w/ Sammie 11-12pm Studio B
BodyPump w/Anya 9-10am Studio B	Yoga w/Olivia 9:15-10:15am Studio B	Power Yoga w/Maddy 9-10am Studio A	Power Up w/Arie 8-8:30am Studio B	Cycle w/Makenna 12:30-1:15pm Studio C
Cycle w/Marnie 11:30-12:15pm Studio C	Yoga w/Hyla 11-12pm Studio A	Cycle w/Marnie 11:30-12:15pm Studio C	Yoga w/Amber 9-10am Studio B	
Yoga w/Hyla 2-3pm Studio A	Cycle w/Erin 4:30-5:15pm Studio C	BodyPump w/Anya 4-5pm Studio B	Yoga w/Hyla 11-12pm Studio B	
Zumba w/Rachel 5:30-6:30pm Studio B	Zumba w/Rachel 5-6pm Studio B	Zumba w/ Bri 5-6pm Studio A <i>*Starts Week 2</i>	Zumba w/ Bri 4:30-5:30pm Studio B <i>*Starts Week 2*</i>	
Rhythm Ride w/ Zoe 6-6:45pm Studio C	Kickboxing w/Tom 5:30-6:30pm Studio A	BodyCombat w/Sammie 5:15-6pm Studio B	Cycle w/Erin 6-6:45pm Studio C	
Vinyasa Yoga w/Maddy 7-8pm Studio B	Rhythm Ride w/ Zoe 6-6:45pm Studio C	BodyBalance w/Sammie 6:15-7pm Studio B		
	Zumba w/ Elizabeth 8-9pm Studio B	Cycle w/ Makenna 6-6:45pm Studio C		
		Yoga w/Gigi 7-8pm Studio A		
		Zumba w/Elizabeth 7:15-8:15pm Studio B		

**\*\*\*\*BodyPump w/ Amber, Carly, Margo, and Caroline coming soon!\*\*\***