

# GROUP FITNESS SCHEDULE

MON

## **Strength and Power**

8am-9am

Studio B - Jess

## **Barre Reform**

10:45am-11:45am

Studio B - Kristin

## **Intense 30**

1pm-1:30pm

Studio B - Andrea

## **Sunset Sweat**

5pm-5:30pm

Studio A - Sarah

## **Cardio Cycle**

6pm-6:45pm

Studio C - Shannon

## **Barre**

6pm-6:45pm

Studio B - Christine

TUE

## **Sunrise Sweat**

6:30am-7am

Studio B - Sarah

## **Full Body Sweat**

9:30am-10am

Studio B - Natty

## **Cycle Power**

1:30pm-2:30pm

Studio C - Julia R

## **Barre**

4pm-4:45pm

Studio B - Andrea

## **Stretch Yoga**

5pm-6pm

Studio B - Selda

## **Zumba**

6:15pm-7:15pm

Studio B - Julia P

## **Strength and Power**

7:30pm-8:30pm

Studio B - Zoe

WED

## **Power Hour**

7am-8am

Studio A - Owen

## **Strength and Power**

8am-9am

Studio B - Jess

## **Lower Body Power**

10am-11am

Studio A - Katelyn

## **Barre Reform**

10:45am-11:45am

Studio B - Kristin

## **Cycle Strength**

4pm-5pm

Studio C - Erin

## **Sundown Vinyasa**

4pm-5pm

Studio B - Selda

## **Sunset Sweat**

5pm-5:30pm

Studio A - Sarah

## **Athletic Barre**

6pm-6:45pm

Studio B - Christine

## **HIIT Express**

6:30pm-7:15pm

Studio A - Everett

THU

## **Sunrise Sweat**

6:30am-7am

Studio B - Sarah

## **Sweat Cycle**

9:30am-10am

Studio C - Natty

## **Butts & Guts**

12pm-1pm

Studio B - Emma

## **Cycle Power**

1:30pm-2:30pm

Studio C - Julia R

## **BOSU Built**

4pm-5pm

Studio A - Erin

## **Strength and Power**

5pm-6pm

Studio B - Zoe

## **Zumba**

6:15pm-7:15pm

Studio B - Julia P

FRI

## **Body Blaster**

7am-8am

Second Floor Turf - Owen

## **Upper Body Power**

10am-11am

Studio B - Katelyn

## **Full Body Fusion**

11:30am-12:30pm

Studio B - Emma

## **Zumba**

2:30pm-3:30pm

Studio B - Lauren