

GROUP EX SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY 7:30 AM Ashtanga Yoga (Jason) 7:30-8:30 AM Studio 1 Ashtanga Yoga (Jason) 7:30-8:30 AM Studio 1	FRIDAY	SATURDAY GYM OPENS	SUNDAY
7:30-8:30 AM 7:30-8:30 AM		GYM OPENS	
0.00 7111		AT 8:00 AM	GYM OPENS AT 8:00 AM
8:30 AM Aqua Aerobics (Phyllis) 8:30-9:30 AM		Aqua Aerobics (Phyllis) 8:30-9:30 AM	
9:00 AM Pool *app reservation required		Pool *App reservation required	
9:30 AM			
10:00 AM			
	Nat Pilates (Ireen) 10:30–11:30 AM		Spin (Bryan) 10:30—11:30 AM
11:00 AM Studio 1	Studio 1		Spin Studio *app reservation required
11:30 AM		Mat Pilates (Mike)	Total Body Conditioning (Bryan)
12:00 PM		11:30 AM-12:30 PM Studio 1	11:45 AM-12:45 PM Little Theater
12:30 PM 12:30-1:30 PM 12:30 PM 12:30-1:30 PM 12:30 PM	hair Yoga (Jason) 12:30-1:30 PM Studio 1	Dancealates (Mike) 12:30–1:30 PM Studio 1	Mat Pilates (Ireen) 12:45 PM-1:45 PM Studio 1
1:00 PM 1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM		GYM CLOSES	GYM CLOSES
3:30 PM		AT 3:00 PM	AT 3:00 PM
4:00 PM			
4:30 PM			
5:00 PM Dancealates (Mike) Spin (Bryan) Spin (Bryan) Spin (Bryan)			
5:30 PM 5:30 - 6:30 PM 5:30 PM			
6:00 PM Insanity (Phyllis) *app reservation required *app reservation required			
6:30 PM Gym Vinyasa Yoga Vinyasa Yoga			
7:00 PM Power Step (Phyllis) 6:30-7:30 PM Studio 1 Total Body (Bryan) 6:45-7:45 PM Studio 1 (Bryan) 6:45-7:45 PM Studio 1 (Bryan) 6:45-7:45 PM Studio 1			
7:30 PM Gym Little Theater Little Theater			
8:00 PM			