

May Group Exercise Schedule

Day	Time	Format	Instructor	Location
Mon	6:15-7:00 am	Cycle & Sculpt	Kara	Studio 2
	11:30-12:00 pm	CoreBlast	Christina	Studio 1
	12:00-12:45 pm	Total Body Strength	Dan	Studio 1
	6:00-6:45 pm	H.I.I.T.	Ashley	Studio 1
	6:45-7:30 pm	Cycle	Cody	Studio 2
	NEW 7:00-7:30 pm	POUND	Melissa	Studio 3
	7:30-8:30 pm	Hot Yoga	Melissa	Studio 3
Tues	6:15-7:00 am	Boot Camp	Ashley/Emily	Studio 2
	11:30-12:15 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:15-1:00 pm	Cycle & Sculpt	Laura	Studio 2
	5:30-6:15 pm	Barre	Jessica P.	Studio 3
	6:15-7:15 pm	CycleCore	Jessica P.	Studio 2
	7:00-8:00 pm	Total Body Strength	Dan	Studio 1
Wed	6:15-7:00 am	CycleCore	Kara	Studio 2
	11:30-12:15 am	Strength & Sculpt	Debbie	Studio 1
	12:00-12:45 pm	Vinyasa	Christina	Studio 3
	6:00-6:45 pm	Bootcamp	Dan	Studio 1
	7:00-8:00 pm	Hot Slow Flow	Christina	Studio 3
Thur	6:15-7:00 am	Bootcamp	Emily	Studio 1
	11:30-12:15 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:00-12:30 pm	Cycle Express	Anna	Studio 2
	6:30-7:15 pm	H.I.I.T.	Ashley	Studio 1
Fri	6:15-7:00 am	Hot Yoga	Christina	Studio 3
	7:00-7:30 am	Cycle Express	Melissa	Studio 2
	11:30-12:00 pm	CoreBlast	Christina	Studio 1
	12:00-12:30 pm	Cardio Kickboxing	Christina	Studio 1
Sat	NEW 10:00-11:00 am	TRX Weekend Warrior \$ Pay Class \$*	KEV	Studio 1
	NEW 11:00-12:00 pm	TRX Weekend Warrior \$ Pay Class \$*	KEV	Studio 1
Sun	9:00-10:00 am	Cycle	Kara	Studio 2
	10:00-10:30 am	CoreBlast	Kara	Studio 1

* TRX Weekend Warrior attendees will receive \$10

