

Group Fitness Class Schedule

April 1st - Apr 24

Monday

Studio 1

11:00-11:30p Quick Spin

12:00-12:30p Quick Spin

4:05-4:50p Spin Express

5:00-5:30p Quick Spin

7:15-8:00p Spin Express

Studio 2

12:15-1:00p Total Body Blast

3:00-4:00p Pilates

4:30-5:50p Shotokan Karate

6:00-7:00p Hip-Hop Cardio

7:15-8:15p Zumba

Studio 3

7:00-7:45a Sunrise Yoga

6:00-6:45p Hatha (Slow) Yoga

7:00-8:00p Yoga

Tuesday

Studio 1

11:00-11:30a Quick Spin

4:00-4:45p Spin Express

5:00-5:45p Spin & Core

6:00-6:30p Quick Spin

7:00-8:00p Spinning

Studio 2

3:45-4:45p Zumba

5:00-5:30p HIIT

Studio 3

9:00-10:00a Hatha (Slow) Yoga

1:00-2:00p Yoga Power Flow

4:00-5:00p YinYasa Yoga

5:30-6:45p Yoga

Wednesday

Studio 1

11:00-11:30a Quick Spin

12:00-12:30p Quick Spin

4:15-5:00p Spin Express

5:45-6:30p Spin Express

7:15-8:00p Spin Express

Studio 2

12:15-1:00p Total Body Blast

4:30-5:50p Shotokan Karate

6:00-7:00p Hip-Hop Cardio

7:15-8:15p Zumba

Studio 3

7:00-7:45a Sunrise Yoga

9:00-10:00a Yoga

5:30-6:45p Yoga Power Flow

Thursday

Studio 1

12:15-1:00p Spin Express

5:00-5:45p Spin & Core

6:00-6:45p Spin Express

7:00-7:30p Quick Spin

7:45-8:30p Spin Express

Studio 2

5:00-5:30p HIIT

6:00-6:45p Total Body Blast

7:15-8:15p Zumba

Studio 3

9:00-10:00a Hatha (Slow) Yoga

1:00-2:00p Yoga Bootcamp

5:30-6:45p Yoga

Friday

Studio 1

12:00-12:30p Quick Spin

4:15-5:00pm Spin Express

Studio 2

3:00-4:00p Pilates

5:00-5:30p HIIT

Sunday

Studio 1

5:00-5:30pm Quick Spin

Studio 3

5:00-6:00p Restorative Yoga