

# GROUP FITNESS SCHEDULE | DEWITT | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Core 8 AM	Group Power 5:45 AM	CYCLE 6 AM	Cycling 5:45 AM	Cycling 6 AM	Group Active 5:45 AM	Group Core 8 AM
CYCLE 8:30 AM	Group Core 8:30 AM	Vinyasa Flow Yoga 8 AM	Insanity Live 6 AM	Vinyasa Flow Yoga 8 AM	Mat Pilates 7 AM	Group Blast 8:30 AM
Group Power 9 AM	CYCLE 9:15 AM	Group Active 9:15 AM	Pilates 7 AM	Group Active 9:15 AM	Group Groove 8:15 AM	Cycling (30 min) 8:30 AM
Group Centergy 10 AM	Group Groove 9:15 AM	SilverSneakersClassic 10:30 AM	Group Core 8:30 AM	SilverSneakersClassic 10:30 AM	AQUAFIT 9:15 AM	Power Cycle 9 AM
Group Blast 3 PM	AQUAFIT 9:15 AM	Cycling (45 min) 12 PM	CYCLE 9:15 AM	Cycling (45 min) 12 PM	Group Power 9:15 AM	AQUAFIT 9:15 AM
	Group Centergy 10:30 AM	Group Power 4:30 PM	Group Groove 9:15 AM	Group Power 4:30 PM	CYCLE 9:15 AM	Group Power 9:30 AM
	Group Power 12 PM	Group Fight 5:30 PM	The willPower Method® 10:30 AM	Power Cycle 4:30 PM	YogaFit 10:30 AM	Zumba 10:30 AM
	Silver Sneakers Yoga 1:15 PM	Group Power 6:30 PM	Group Power 12 PM	CYCLE 5:30 PM	Silver Sneakers Yoga 12:15 PM	
	Group Active 4:30 PM		Group Centergy 4:30 PM	Group Fight 5:30 PM	Slow and Flow Yoga 5:30 PM	
	Group Blast 5:30 PM		Group Blast 5:30 PM	Group Power 6:30 PM		
	Cycling 6 PM		Cycling 5:30 PM			
	Zumba 6:30 PM		Prana Flow Yoga 6:30 PM			
	Yoga 7:30 PM		Zumba 7:30 PM			