



GROUP FITNESS

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Group Power with Darcy	6:00 AM Spinning with Patty	6:00 AM Insanity Live with David	6:00 AM Spinning with Darcy	5:45 AM Group Active with April	8:00 AM Group Core with Lisa	8:30 AM Spinning with Patrick
9:15 AM Group Groove with Tamara	6:00 AM Beyond Barre Fit with Darcy	9:15 Group Groove with Tamara	7:00 AM Group Fight with Lisa	9:15 AM Group Power with Tom	8:00 AM Insanity Live with David	10:00 Beyond Barre with Kathy
9:15 AM Spinning with Tonya	7:45 AM Yoga with Jeff	9:15 AM Spinning with Patty	9:00 AM Burn with Jeff		8:45 AM Group Blast with Patrick	
9:30 AM Aqua Fit with Donna	9:00 AM Strength with David	10:30 AM Beyond Barre with Jen	10:30 AM Silver Sneakers with Diane		8:45 AM Spinning with Lisa	
10:30 AM Centergy with Kathy	10:30 AM Silver Sneakers with Diane	4:30 PM Group Centergy with Donna	4:30 PM Beyond Barre with Gabby		9:15 AM Burn with Jeff	
12:00 PM Group Power with Tom	4:30 PM Group Power with Lisa	5:30 PM Spinning with April	5:30 PM Spining with Jason		10:00 AM Group Power with Darcy	
4:30 PM Group Active with Jen	5:45 PM Beyond Barre with Yvonne	5:45 PM Group Blast with Patrick	5:45 PM Group Power with Kate		11:15 AM Zumba with Jesus	
5:30 PM Spinning with Patrick	7:00 PM Centergy with Patrick					
5:45 PM Group Blast with April						
7:00 PM Zumba with Jesus						

Effective 10/19/2020