

Group Ex

MONDAY

POWERPUMP
6:30-7:15am
w/ Laura B.

YOGA
8:30-9:15am
w/ Kara

BARRE
9:15-10:00am
w/ Abbey

FIT OVER 50
10:30-11:15am
w/ Beth

STRETCH
11:15am-12:00pm
w/ Jess

SPIN
5:15-6:00pm
w/ Diana

TUESDAY

SPIN
5:00-5:45am
w/ Diana

OPTIMAL GRIND
6:00-7:00am
w/ Eric

POWERPUMP
6:30-7:15am
w/ Jannie

BARRE
9:15-10:00am
w/ Jenna

TAI-CHI
10:15-11:30am
w/ Nathan

SPINFIT
4:30-5:15pm
w/ Laura B.

WEDNESDAY

SPINFIT
6:30-7:15am
w/ Laura B.

CARDIO DANCE
9:15-10:00am
w/ Abbey

PILATES EXPRESS
10:00-10:30am
w/ Abbey

FIT OVER 50
10:30am-11:15am
w/ Beth

MAX BURN
5:00-6:00Pm
w/ Megan S.

THURSDAY

SPIN
5:00-5:45am
w/ Adele

OPTIMAL GRIND
6:00-7:00am
w/ Eric

POWERPUMP
6:30-7:15am
w/ Jannie

BARRE
9:15-10:00am
w/ Abbey

TAI-CHI
10:15-11:30am
w/ Nathan

BARRE
5:00-6:00pm
w/ Jess

YOGA
6:00-6:45pm
w/ Laura S.

FRIDAY

GET FIT
6:30-7:15am
w/ Jenna

YOGA
8:30-9:15am
w/ Kara

ZUMBA
9:30-10:15am
w/ Jenn B

MAT PILATES
10:30-11:15am
w/ Jenn

SATURDAY

SPIN
8:00-8:45am
w/ Regina

GET FIT
9:00-9:45am
w/ Megan S.

SUNDAY