



# SPRING GROUP EXERCISE SCHEDULE

MONDAY MARCH 30 2026 - SATURDAY JUNE 6 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
6:45-7:45AM SPIN Karena 216	7:30-8:30AM MAT PILATES Karen 218	8:00-9:00AM VINYASA YOGA Morgan 216	7:30-8:30AM MAT PILATES Karen 218		10:00-11:00AM *MAT PILATES Karen 218	10:30-11:30AM ZUMBA Kayden 218
					11:15-12:15PM BODYPUMP Lauren 218	
<b>AFTERNOON</b>						
	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218			
	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218			
<b>EVENING</b>						
5:30-6:30PM BODYCOMBAT Angela 216	5:30-6:30PM BODYPUMP Angela 218	5:00-6:00PM VINYASA YOGA Cassie 216	5:00-6:15PM SLOW FLOW YOGA Morgan 216	4:00-5:00PM ZUMBA Hannah 216		
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218	7:00-8:00PM ZUMBA Hannah 218	5:30-6:30PM BODYCOMBAT Melanie 218	5:30-6:30PM BODYPUMP Nicole 218	4:45-5:45PM BODYPUMP Penina 218		
6:30-7:00PM LM CORE Jeffrey 218		6:30-7:30PM SPIN Mariangela 216	6:30-7:30PM BODYCOMBAT Frank 216			
		7:00-8:00PM YOGA TONE Faith 218				

**\*THE FOLLOWING CLASSES WILL TAKE PLACE ON THE SPECIFIED DAYS BELOW:**

**SATURDAY MAT PILATES: 4/4, 4/11, 5/16**

**PLEASE NOTE THERE WILL BE NO CLASSES ON 5/25**

