



WINTER GROUP EXERCISE SCHEDULE

MONDAY JANUARY 5 - SATURDAY MARCH 14



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

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

SATURDAY SPIN: 1/17, 1/31, 2/14, 3/7, 3/21

SATURDAY MAT PILATES: 1/10, 2/21

SATURDAY VINYASA YOGA: 1/10, 1/31, 2/7, 2/28, 3/7

PLEASE NOTE THERE WILL BE NO CLASSES ON 1/19