



Group Fitness 2024 Schedule

Effective: 03/01/2024

(S) = Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM HIIT w/ Sara		6:00 AM HIIT w/ Sara	6:00 AM Cycle w/ Jen	6:00 AM HIIT w/ Sara		
	7:00 AM Yoga w/ Sara (S)		7:00 AM Yoga w/ Sara (S)			
8:15 AM Battle Ropes w/Sara	8:00 AM Cycle w/ Bruce	8:00 AM Cycle Fit w/Cheryl 8:15 AM Fit-4-All w/Holly 8:15 AM Pilates w/Cary	8:00 AM Cycle w/ Bruce 8:15AM Found. Fit. w/Sara		8:00 AM Body Pump w/ Katy Cycle w/ Eryn	8:00 AM Cycle w/ Eryn
9:00 AM Cycle w/ Eryn 9:30 AM Body Pump w/ Holly Foundation Fit w/ Sara (S)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice (S) Pilates w/Cary	9:30 AM Body Pump w/ Holly Strong w/ Amanda (S)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice	9:00 AM Cycle w/ Eryn 9:30 AM Tabata w/ Janice (S) Pilates w/Cary	9:00 AM HIIT w/ Katy	9:00 AM Body Combat w/ Katy
10:45 AM Body Balance w/ Holly (S)	10:45 AM Battle Ropes w/ Cheryl	10:45 AM Restorative Yoga w/ Holly (S) Zumba w/ Amanda	10:45 AM Fit 4 All w/Sue	10:45 AM Body Balance w/ Holly (S)	10:00 AM Body Pump w/ Kelly	10:00 AM Body Balance w/ Katy
					11:00 AM Restorative Yoga w/ Holly (S)	
12:00 PM Cycle w/ Cheryl (45 min) 12:45 PM Strength w/ Cheryl (30 min)			12:00 PM Cycle w/ Cheryl (45 min) 12:45 PM Strength w/ Cheryl (45 min)			
5:00 PM Body Pump w/Kelly 5:30 PM Zumba w/Susan (S)	5:00 PM HIIT w/Katy 5:30 PM Zumba w/Sasha (s)	5:00 PM Body Pump w/Katy 5:30 PM Cycle w/ Eryn	5:30 PM Strength w/Sue G	5:45 PM Zumba w/ Darren (S)		
	6:00 PM Body Combat w/ Katy	6:00 PM Body Balance w/ Katy	6:00 PM (S) Body Combat w/Anna			