

GROUP X CLASS SCHEDULE



January - March 2024

CYCLING

MIND/BODY

CARDIO/STRENGTH

	MON	TUE	WED	THU	FRI	SAT
MORNING		8:00 TOTAL BODY <i>Studio 1 - Renae</i>			8:00 MAX BURN <i>Studio 1 - Renae</i>	8:30 CYCLING <i>Studio 2 - Dana</i>
	8:30 TOTAL BODY <i>- Nina</i>	9:00 EnCORE XPRESS <i>Studio 1 - Renae</i>	8:30 CYCLING <i>Studio 2 - Roy</i>		9:00 CYCLING <i>Studio 2 - Nicolle</i>	8:30 INTERVAL INSANITY <i>Studio 1 - Fran</i>
	9:30 CYCLING <i>Studio 2 - Dana</i>	9:30 KICKBOXING BOOTCAMP <i>Studio 1 - Nancy R</i>	9:30 INTERVAL INSANITY <i>Studio 1 - Roy</i>	9:30 TOTAL BODY <i>Studio 1 - Nancy R</i>		9:30 KOGA <i>Studio 1 - Jon Koga</i>
	9:30 KOGA <i>Studio 1 - Jon Koga</i>				9:45 TOTAL BODY <i>Studio 1 - Luanne</i>	
				10:30 EnCORE XPRESS <i>Studio 1 - Nancy R</i>		
	11:00 SILVER SNEAKERS <i>Studio 1 - Joy</i>	11:00 SILVER SNEAKERS <i>Studio 1 - Luanne</i>	11:00 SILVER SNEAKERS <i>Studio 1 - Michele</i>		11:00 SILVER SNEAKERS <i>Studio 1 - Luanne</i>	
	5:30 CYCLING <i>Studio 2 - Sibel</i>		5:00 BOOT-CAMP <i>Studio 1 - Melisa</i>			8:00 CYCLING <i>Studio 2 - Karen</i>
		6:00 TOTAL BODY <i>Studio 1 - Melisa</i>	6:00 CYCLING <i>Studio 2 - Nicolle</i>	6:00 MAX BURN <i>Studio 1 - Danielle</i>		9:00 BOOT-CAMP <i>Studio 1 - Melisa</i>
AFTERNOON/EVENING	6:30 INTERVAL INSANITY <i>Studio 1 - Fran</i>					

SUN
MORNING

* All classes accommodate all levels and are 55 minutes long unless designated as Xpress. Xpress classes are 30 minutes long. Please arrive a few minutes early for setup and proper warm up. Classes with consistent low attendance are subject to change.