

Moon Valley Country Club

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:15 AM	Yoga – Marji					
05:30 AM	Quick HIIT Avery		Quick HIIT Avery		Quick HIIT Avery	
07:00 AM					Aquatic Fitness Dina	Women’s Glute (\$\$) Matt 7:30 Cycle – Jan
08:00 AM	Senior Functional Matt	Aquatic Fitness Dina	Senior Functional Matt	Aquatic Fitness Dina	Senior Functional – Matt Deep Stretch – Marji	Youth Training (\$\$) Matt
09:00 AM	Strength Training Jan		Strength Training Jan		Cycle with Weights Marji	
10:00 AM	HIIT Matt		HIIT – Matt Mat Pilates – Jan	Beginner Conditioning Matt	HIIT Matt	
03:00 PM		Senior Functional Matt		Senior Functional Matt		
04:30 PM		Beginner Conditioning Matt Yoga Stretch – Marji	Mat Pilates Marji	Yoga Marji		
05:00 PM			Youth Training (\$\$) Matt			
05:30 PM		Women’s Glute (\$\$) Matt				