

Group Training 100
Week of May 15th, 2017

STUDIO A						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30AM Cardio & Strength SANDRA	5:45-6:45AM Cardio & Strength SUZANNE		5:45-6:45AM H.I.I.T. KIM			
8:15-9:15AM Stretch & Strength SUZANNE		8:15-9:15AM Body Conditioning ANN		8:00-9:00AM H.I.I.T. KIM		
9:15-10:15AM Cardio & Strength CRISTIN	9:15-10:15AM ZUMBA! KRISTEN dance #3	9:15-10:15AM ZUMBA! JENNIFER dance #3	9:15-10:15AM Body Conditioning BELINDA	9:15-10:15AM ZUMBA! JENNIFER	9:00-10:00AM Step Special ANN	9:00-10:15AM Athletic Conditioning SANDRA
10:15-11:15AM Cardio Circuit DEBBIE	9:15-10:15AM Body Conditioning CRISTIN	9:15-10:15AM Barre Fitness EMILY	10:30-11:30AM MC Club HIIT Circuit LINDA U.		10:00-11:00AM Body Conditioning ANN	
11:15AM-12:15PM Senior Balance Strength & Stretch DEBBIE		10:15-11:15AM Step Interval DEBBIE		10:30-11:30AM Basic Cardio SUZANNE		
		11:15AM-12:15PM Senior Strength & Stretch SUZANNE	12:00-1:00PM Cardio Room & Stretch SUZANNE			
						1:00-2:00PM Barre Fitness TESIA
5:45-6:45PM ZUMBA! KRISTEN	5:45-6:45PM Barre Fitness TESIA	5:45-6:45PM Step & Strength BELINDA	5:30-6:30PM ZUMBA! NATALIE			
6:45-7:45PM Body Conditioning BELINDA	6:45-7:45PM H.I.I.T. KIM	7:00-7:45PM MC Club HIIT Circuit LINDA U.	6:30-7:30PM Cardio & Strength SANDRA			
CYCLING STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45AM CycleZone - H.I.I.T. LINDA		5:45-6:45AM CycleZone - Power LINDA		
	8:00-8:45AM Basic Cycle LINDA		8:00-9:00AM Drills with Hills LINDA		7:30- 8:30AM 80's Movies KIM	8:00-9:00AM CycleZone LINDA
9:15-10:15AM CycleZone LOBL		9:15-10:15AM CycleZone - H.I.I.T. KIM		9:15-10:15AM CycleZone - H.I.I.T. KIM	10:00-11:00AM Chemistry KIM	
5:45-6:45PM Madonna vs Lady Gaga KIM	5:45-6:45PM CycleZone HILARY	7:00-8:00PM CycleZone SANDRA	5:45-6:45PM CycleZone HILARY			
BOOT CAMP / BOXING						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05-7:05AM Ultimate KEVIN	6:15-7:15AM LED Boxing BO	6:05-7:05AM Power Hour SARAH	6:15-7:15AM LED Boxing BO	6:05-7:05AM Ultimate KEVIN	7:25-8:25AM Ultimate KEVIN	
	8:00-8:45AM Cardio Boxing DEAN					
9:05-10:05AM Power Hour SARAH	9:15-10:15AM LED Boxing DEAN	9:05-10:05AM Power Hour SARAH	10:30-11:15AM Cardio Boxing BO	9:05-10:05AM Ultimate KEVIN	8:30-9:30AM Kick Boxing CAT	9:00-10:00AM Kick Boxing CAT
						11:00AM-12:00PM Technique Boxing BO
7:00-8:00PM Kick Boxing CAT	6:35-7:35PM Ultimate KEVIN	7:00-8:00PM Kick Boxing CAT	6:35-7:35PM Ultimate KEVIN			
8:15-9:15PM LED Boxing BO		8:15-9:15PM Cardio Boxing BO				
YOGA STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00AM Therapeutic Yoga SUZY	8:00-9:00AM Healthy Backs KELLY	8:00-9:00AM Therapeutic Yoga SUZY		8:00-9:00AM Healthy Backs MARY	
9:00-10:15AM Vinyasa BELINDA	9:15-10:30AM Art of Vinyasa SUZY	9:15-10:15AM Slow Flow KELLY	9:15-10:30AM Art of Vinyasa SUZY	9:00-10:15AM Vinyasa ANN	9:15-10:30AM Vinyasa MARY	8:45-9:45AM Yin LINDSAY
10:30-11:30AM Hatha Yoga BELINDA	10:45-11:30AM Hatha Express TAMEKA	10:30-11:30AM Hatha Yoga TAMEKA	11:00AM-12:00PM Hatha Yoga TAMEKA	10:30-11:30AM Hatha Yoga ANN	11:00AM-12:00PM Hatha Yoga TODD	10:00-11:00AM Slow Flow LINDSAY
4:30-5:30PM Healthy Backs LINDA				11:45AM-1:00PM Chair Yoga MIMI		4:30-5:30PM Yogalates SUZY
5:45-6:45PM Slow Flow LINDA		6:00-7:00PM Yin MARY				
7:00-8:00PM Hatha Yoga ANN	6:45-7:45PM Healthy Backs ANN	7:15-8:15PM Slow Flow MARY	6:15-7:30PM HIIT Vinyasa Red MEGGIE	6:30-7:30PM Yin & Tonic BELINDA		
			7:45-8:45PM Yin Red MEGGIE			
POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua DEBBIE		9:15-10:15AM Aqua NORENE		

♥ - heart rate monitoring available ★ - infrared heat