

Fall 2022 Group Exercise

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
7am		HIIT MJ 7:00-7:45		Yoga Alexa 7:30-8:30		Rhythmic Cycling Eveny 7:00-7:45	
8am							
9am							
10am							
11am							
12pm		Core Class Alexa 12:15-1:00			Queenax Kevin 12:15-1:00	Qigong/Tai Chi Jeff 12:15-1:00	
1pm							
2pm			Queenax Kevin 2:00-2:45	HIIT Carly 2:15-3:15			
3pm	Rhythmic Cycling Mary Kate/ Kate/Eveny 3:00-3:45				Barbell Christy 3:00-3:45		
4pm					Muscle Group Circuit Cassidy 4:00-4:45		
5pm		Rhythmic Cycling Eveny 5:15-6:00	HIIT Carly 5:15-6:15	Pilates Alexa 5:15-6:00	Rhythmic Cycling Kate 5:15-6:00		
6pm	Outdoor Yoga Alexa 6:00-7:00 (til cold/dark)						
7pm		Cardio/Strength Circuit MJ 8:00-8:45	Rhythmic Cycling Kate 7:00-7:45	Rhythmic Cycling Mary Kate 7:00-7:45	Yoga Madilyn 7:00-8:00		