

## Fall 2022 Group Exercise

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
7am		<b>HIIT</b> MJ 7:00-7:45		<b>Yoga</b> Alexa 7:30-8:30		<b>Rhythmic Cycling</b> Eveny 7:00-7:45	
8am							
9am							
10am							
11am							
12pm		<b>Core Class</b> Alexa 12:15-1:00			<b>Queenax</b> Kevin 12:15-1:00	<b>Qigong/Tai Chi</b> Jeff 12:05-12:50	
1pm							
2pm			<b>Queenax</b> Kevin 2:00-2:45	<b>HIIT</b> Carly 2:15-3:15			
3pm	<b>Rhythmic Cycling</b> Mary Kate/ Kate/Eveny 3:00-3:45				<b>Barbell</b> Christy 3:00-3:45		
4pm					<b>Muscle Group Circuit</b> Cassidy 4:00-4:45		
5pm		<b>Rhythmic Cycling</b> Eveny 5:15-6:00	<b>HIIT</b> Carly 5:15-6:15	<b>Pilates</b> Alexa 5:15-6:00	<b>Rhythmic Cycling</b> Kate 5:15-6:00		
6pm	<b>Outdoor Yoga</b> Alexa 6:00-7:00 (til cold/dark)						
7pm		<b>Cardio/Strength Circuit</b> MJ 8:00-8:45	<b>Rhythmic Cycling</b> Kate 7:00-7:45	<b>Rhythmic Cycling</b> Mary Kate 7:00-7:45	<b>Yoga</b> Madilyn 7:00-8:00		