

Spring 2023 Group Exercise

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
7am		HIIT (MJ) 7:00-7:45				Rhythmic Cycling (Eveny) 7:00-7:45	
8am							
9am							
10am							
11am							
12pm		Qigong/Tai Chi (Jeff) 12:05-12:50		Core Class (Alexa) 12:15-12:45	Queenax (Kevin) 12:15-1:00	Core Class (Alexa/Kevin) 12:15-12:45	
1pm		Pilates (Alexa) 1:00-1:45		HIIT (Carly) 1:00-2:00			
2pm			Queenax (Kevin) 2:00-2:45				
3pm	Rhythmic Cycling (Mary Kate/ Kate) 3:00-3:45						
4pm			Barbell (Christy) 3:00-3:45				
5pm		Rhythmic Cycling (Eveny) 5:15-6:00	Yoga (Alexa) 5:00-6:00	Yoga (Madilyn) 5:00-6:00	Pilates (Alexa) 5:15-6:00		
6pm			Best of Both Worlds (Carly & Kate) 6:30-7:30				
7pm				Rhythmic Cycling (Kate) 7:00-7:45	Rhythmic Cycling (Mary Kate) 7:00-8:00		