

GROUP CLASS AND HIIT SCHEDULE

*G/ Group Fitness *TR/ Treadmill Area *S/Spin *TF/Turf Area

Daytime

MONDAY

Yoga Restore
10:30 - 60m *G
Jeanette

TUESDAY

Condition
9:30 45m *G
Christine

Yoga Classic
10:30 60m *G
Tracy

WEDNESDAY

Yoga Body Strength
10:30 60m *G
Jeanette

THURSDAY

Body Strong
10:00 30m *G
Jeannette

Yoga Classic *G
10:30 60m
Jeanette

Friday

Condition
9:30 45m *G
Christine

SATURDAY

Pilates
9:30 45m *G
Christine

HIIT Minute
9:30 45M *T
Jamica

Evening

Condition
6:30pm 45m *G
Christine

HIIT Minute
5:30 45m *TF
Jamaica

Ride Revolution
6:00 45m *S
Dana

Ride Revolution
5:30 45m *S
Royal

Ride Revolution
6:00 45m *S
Tammie

Ride Revolution
5:30 45m *S
David

ZUMBA
7:00 60m *G
Cherelle

Bootcamp Strength
5:45 45m *TF
Q

Pilates *NEW*
6:30 45m *G
Christine

