

Group X Schedule (January 23rd – May 11th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am Yoga Basics Studio A	12:15-1:15pm Pilates Sculpt Studio A	7:00-8:00am Yoga Basics Studio A	11:00-11:45am More for the Core Studio A	9:00-10:00am SPINNING Ab/Spin Area	11:00am-12:00 Yoga Studio A
12:15-1:15pm Fusion Strength Studio A	12:15-1:15pm SPINNING Ab/SPIN Area	10:00-10:45am Kettlebell Studio A	12:15-1:15pm Butts N Gutts Studio A	11:00am-12:00 Pilates Studio A	12:00-1:00pm SPINNING Ab/Spin Area
12:15-1:15pm SPINNING Ab/SPIN Area	2:00-3:00pm Bootcamp Studio A	11:00am-12:00 Yoga Basics Studio A	12:15-1:15 pm SPINNING Ab/SPIN Area	12:15-1:15 Bootcamp Studio A	
2:00-3:00pm Metabolic Acceleration Studio A	2:15-3:15pm SPINNING Ab/Spin Area	12:15-1:15pm Piyo Studio A	3:00-4:00pm Yoga Studio A	12:15-1:15 pm SPINNING Ab/SPIN Area	
2:15-3:15pm SPINNING Ab/Spin Area	3:15-4:15pm Yoga Studio A	12:15-1:15pm SPINNING Ab/SPIN Area	5:00-6:00pm Kettlebell Studio A	2:00-3:00pm Dance Aerobics Studio A	
3:00-4:00pm *Tai Chi* Studio A	5:30-6:30pm Yoga Basics Studio A	2:00-3:00pm Jumpstretch Studio A	6:00-7:00pm SPINNING Ab/SPIN Area	2:15-3:15 pm SPINNING Ab/SPIN Area	Sunday
5:15-6:00pm Kettlebell Studio A	6:00-7:00pm SPINNING Ab/Spin Area	2:15-3:15pm SPINNING Ab/SPIN Area	7:00-8:00pm Zumba Studio A	5:00-6:00pm Zumba Studio A	12:00-1:00pm SPINNING Ab/SPIN Area
6:00-7:00pm SPINNING Ab/Spin Area	7:00-8:00pm Zumba Studio A	4:00-5:00pm Zumba Studio A			
7:00-8:00pm Zumba Studio A		5:15-6:15pm Metabolic Acceleration Studio A			
		6:00-7:00pm SPINNING Ab/SPIN Area			

For liability reasons, if only one student shows up to the class, the instructor will not teach. If there are two or less students in the class, it is up to the instructor if he/she wants to teach the class.