## GROUP FITNESS

Class							
Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:15am		SPIN			SPIN		
6:00am	XC	BURN	XC	BURN	TABATA		
7:00am						MORNING STRETCH	
8:00am	YOGA FLOW		YOGA STRETCH		YOGA FLOW	XC	
8:15am		YOGA FLOW		YOGA STRETCH			
9:15am	PURE BARRE	WARRIO CARDIO	SPIN	MUSCLE PUMP & BARRE	TABATA		
10:15am	MAT PILATES			MAT PILATES			
11:00am	FIT 4 LIFE	CHAIR YOGA	FIT 4 LIFE	CHAIR YOGA	FIT 4 LIFE		
4:30pm		YIN YOGA		YOGA STRETCH			
5:00pm	MUSCLE PUMP						
5:30pm		XC		XC	BARRE PILATES FUSION		
6:00pm	VINYASA YOGA		VINYASA YOGA				