

GROUP FITNESS



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 SP		YOGA FLOW	XC	
8:15am		YOGA FLOW		YOGA STRETCH			
9:00am	PURE BARRE						
9:15am		WARRIO CARDIO		MUSCLE PUMP	TABATA		
9:30am				PURE BARRE			
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		MAT PILATES		MAT PILATES		
5:30pm		XC		XC			
6:00pm	VINYASA YOGA	VINYASA YOGA	PURE BARRE	VINYASA YOGA	PURE BARRE		