

SPRING_2024_Group_Fitness_Schedule



Monday

Rise and Ride 6:30-7:15 a.m. - Room 203
Pilates 12:00-12:45 p.m. - Room 201
Total Body Strength 5:00 - 5:45 p.m. - Room 201
Barre to the Beat 5:00 - 5:45 p.m. - Room 202
Cycle 5:00 - 5:45 p.m. - Room 203
Yoga Flow 5:00 - 5:45 p.m. - Room 127
Pilates 6:00 - 6:45 p.m. - Room 201
HIIT 6:00 - 6:30 p.m. - Room 202
Cycle 6:00 - 6:45 p.m. - Room 203
Zumba 7:00 - 7:45 p.m. - Room 201
Restorative Yoga 7:00 - 8:00 p.m. - Room 127

Tuesday

Sunrise Yoga 7:00 - 7:45 a.m. - Room 201
Yoga Flow 12:00 - 12:45 p.m. - Room 201
Gym Floor Circuit 12:30 - 1:20 p.m. - Fitness 1
Pilates 5:00 - 5:45 p.m. - Room 201
HIIT 5:00 - 5:30 p.m. - Room 202
Total Body Strength 6:00 - 6:45 p.m. - Room 201
Barre to the Beat 6:00 - 6:45 p.m. - Room 202
Cycle 6:00 - 6:45 p.m. - Room 203
Yoga Flow 6:00 - 6:45 p.m. - Room 127
Cycle 7:00 - 7:45 p.m. - Room 203
Zumba 7:00 - 7:45 p.m. - Room 201
Restorative Yoga 7:00 - 8:00 p.m. - Room 127

Wednesday

Rise and Ride 6:30 - 7:15 a.m. - Room 203
Yoga Flow 12:00 - 12:45 p.m. - Room 201
Total Body Strength 5:00 - 5:45 p.m. - Room 201
Barre to the Beat 5:00 - 5:45 p.m. - Room 202
Cycle 5:00 - 5:45 p.m. - Room 203
Yoga Flow 5:00 - 5:45 p.m. - Room 127
Pilates 6:00 - 6:45 p.m. - Room 201
HIIT 6:00 - 6:30 p.m. - Room 202
Cycle 6:00 - 6:45 p.m. - Room 203
Zumba 7:00 - 7:45 p.m. - Room 201
Restorative Yoga 7:00 - 8:00 p.m. - Room 127

Thursday

Sunrise Yoga 7:00 - 7:45 a.m. - Room 201
HIIT 12:00 - 12:30 p.m. - Room 201
Gym Floor Circuit 12:30 - 1:20 p.m. - Fitness 1
Pilates 5:00 - 5:45 p.m. - Room 201
HIIT 5:00 - 5:30 p.m. - Room 202
Total Body Strength 6:00 - 6:45 p.m. - Room 201
Barre to the Beat 6:00 - 6:45 p.m. - Room 202
Cycle 6:00 - 6:45 p.m. - Room 203
Yoga Flow 6:00 - 6:45 p.m. - Room 127
Cycle 7:00 - 7:45 p.m. - Room 203
Zumba 7:00 - 7:45 p.m. - Room 201
Restorative Yoga 7:00 - 8:00 p.m. - Room 127
Paddleboard Yoga 8:00 - 8:45 p.m. - POOL

Friday

Cycle 11:00 - 11:45 a.m. - Room 203
Yoga Flow 12:00 - 12:45 p.m. - Room 201
Pilates 1:00 - 1:45 p.m. - Room 201

Saturday

Cycle 10:30 - 11:15 a.m. - Room 203

Sunday

Cycle 5:00 - 5:45 p.m. - Room 203
Yoga Flow 6:00 - 6:45 p.m. - Room 127

Untitled - Notepad

File Edit Search Help

REMINDER

- **Schedule runs from Jan. 16th through May 3rd.**
- **Classes will not be held on Jan. 15th, or Mar. 9th - 17th.**