

## *Group Fitness Schedule – Winter 2020*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:30 a.m.</b>	Cycle - Rick	Powertone - Sami	Cycle - Rick	Powertone – Ty		<b>8:30 a.m.</b> Water – Annie  <b>8:30-10 a.m</b> Powertone and Abs Bre/Lena  <b>10:00 a.m.</b> HIGH Fitness Michelle R  <b>10:15 a.m.</b> .Yoga - Kevin
<b>6:30 a.m.</b>	Yoga - Bonnie	Barre - Angie	Yoga - Bonnie	Pilates Mat - Angie	Yoga - Lauren	
<b>9:00 a.m.</b>					Pilates Mat - Annie	
<b>12:00 p.m.</b>	Powertone - Adrienne Yoga – Jendar	Cycle – Christina BURN (12:15-12:45) Lena Yoga – Jenny	Powertone – Lena Yoga - Jendar	Cycle – Liz H Abs and Alignment (12:15-1) Adrienne Yoga – Jenny	Cardio Circuit – Lena Yoga – Kevin	
<b>5:30 p.m.</b>	Cycle – Jessica Pilates Mat - Annie		<b>*6:00 p.m.</b> Cycle - Steven			
<b>6:30 p.m.</b>	Powertone – Jessica	HIGH Fitness – Rachel	Powertone – Bre			
<b>7:30 p.m.</b>	Yoga – Steven	Yoga – Alex	Yoga - Steven	HIGH Fitness – Michelle Yoga - Adelide		