

Group Exercise Schedule – Winter 2021-2022

	Group Exercise	Cycling	Mind Body
Monday	6am Power Sculpt - Elle 12:00pm Bosu, Step & Sculpt - Elle 5:30 pm Cardio Sculpt - Kimmy 6:30pm BodyCombat - Les Mills	7:15am Cycling - Elle 12:15pm Cycling - Kimmy 6:30pm Sprint - Les Mills	6am BodyFlow - Les Mills 7:15am Gentle Yoga - Heather 12pm Slow Flow Yoga - Heather 1pm Core - Kimmy 5:30pm BodyFlow - Les Mills
Tuesday	6am POUND + Bosu - Elle 11:15am PiYo - Elle 12pm Power Sculpt - Elle 6pm BodyPump - Les Mills	6:15am HIIT The Bike (30 min) -Nicole 12:15pm Cycling - Ken 5:30pm Cycling - Kimmy 6:15pm The Trip - Les Mills	1:15pm Pilates Reformer - Elle 6pm BodyFlow - Les Mills
Wednesday	6am Boxing & Step - Elle 7:15am HIIT/Core - Kimmy 11:15am Barre - Elle 12:05pm Boxing & Step - Elle 6pm BodyCombat-Les Mills	6:15am The Trip - Les Mills 12:15pm The Trip - Kimmy 6pm Cycling - Amy	6am BodyFlow - Les Mills 7:05am Core with Bands & Sliders - Elle 5:30pm BodyFlow - Les Mills
Thursday	6am Power Sculpt - Elle 7:15am Bosu/Resist-a-Ball - Kimmy 11:15am Power Sculpt Express - Elle 12pm HIIT (30 min) - Kimmy 5:30 pm Fun with Bands - Myke 6:30pm BodyPump - Les Mills	6am RPM – Les Mills 12:15pm Cycling - Elle 5:15pm RPM - Les Mills	6pm BodyFlow - Les Mills
Friday	7:05am PiYo – Elle 8:00am Pilates Reformer - Elle 12:00pm Bootcamp - Kimmy 5:15pm BodyCombat - Les Mills	6:15am Cycling - Elle 12:15pm Cycling - Elle 6pm The Trip - Les Mills	5pm BodyFlow - Les Mills
Saturday	8am BodyCombat - Les Mills 9:30am BodyPump - Les Mills 11am Fun with Bands - Myke	10:30am RPM - Les Mills	9am BodyFlow - Les Mills 10:30am BodyFlow - Les Mills
Sunday	9am BodyPump - Les Mills 10am BodyCombat - Les Mills	9am RPM - Les Mills 10:30am The Trip - Les Mills	9am BodyFlow - Les Mills 10:30am BodyFlow – Les Mills