




## GROUP FITNESS SCHEDULE Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 <b>SPIN + SCULPT</b> Lisa	5:45-6:30 <b>CYCLING</b> Kirsten	5:45-6:30 <b>Bootcamp</b> Lisa	5:45-6:30 <b>SPIN + SCULPT</b> Krysten	5:45-6:30 <b>CYCLING</b> Haley	8:00-8:45 <b>SPIN + SCULPT</b> Instructor Rotation
9:15-10:15 WARM <b>Gentle Flow</b> Hali	9:15-10:15 <b>SPIN + SCULPT</b> Amanda	9:15-10:15 <b>Power Hour</b> Amanda/Caitlyn	9:15-10:00 <b>CYCLING</b> Ceejay	9:15-10:15 HOT <b>Vinyasa Yoga</b> Taiyler	9:15-10:00 <b>CYCLING</b> Instructor Rotation
10:30-11:15 <b>CYCLING</b> Alice					10:15-11:15 HOT <b>Vinyasa Yoga</b> Instructor Rotation
12:10-12:50 <b>HIIT</b> Laurie	12:10-12:50 <b>CYCLING</b> Michelle	12:10-12:50 WARM <b>Mat Pilates</b> Lindsay	12:10-12:50 <b>CYCLING</b> Kirsten	12:10-12:50 <b>SPIN + SCULPT</b> Rachel	
3:30-4:30 <b>Teen Bootcamp</b> Laurie		3:30-4:30 <b>Teen Bootcamp</b> Laurie			
5:15-6:00 <b>CYCLING</b> Haley		5:15-6:00 <b>SPIN + SCULPT</b> Rachel	5:15-6:00 <b>TOTAL BODY BLAST</b> Julie		
6:15-7:00 <b>Step + Sculpt</b> Keri	6:00-6:45 <b>CYCLING</b> Alicia		6:00-7:00  Julie		
7:00-8:00 HOT <b>Vinyasa Yoga</b> Shayna	7:00-8:00 WARM <b>Yin/Yang Yoga</b> Lisa S.	7:00-8:00 HOT <b>Vinyasa Yoga</b> Alana	7:00-8:00 WARM <b>Mat Pilates</b> Angela		