




## GROUP FITNESS SCHEDULE Fall 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 <b>SPIN + SCULPT</b> Lisa W.	5:45-6:30 <b>CYCLING</b> Kirsten	5:45-6:30 <b>Bootcamp</b> Amanda S.	5:45-6:30 <b>SPIN + SCULPT</b> Kirsten	5:45-6:30 <b>CYCLING</b> Haley	
9:15-10:15 WARM <b>Gentle Flow</b> Hali	9:15-10:15 <b>SPIN + SCULPT</b> Amanda W.	9:15-10:15 <b>Power Hour</b> Amanda W./Caitlyn	9:15-10:15 <b>SPIN + STRETCH</b> Ceejay	9:15-10:15 HOT <b>Vinyasa Yoga</b> Taiyler	9:15-10:00 <b>CYCLING</b> Instructor Rotation
					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> Rachel	12:10-12:50 WARM <b>Vinyasa Yoga</b> Michelle	12:10-12:50 <b>CYCLING</b> Amanda W.		
5:15-6:00 <b>CYCLING</b> Haley	5:15-6:00 <b>CYCLING</b> Lisa W.	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		6:15-7:00 <b>Step + Sculpt</b> Keri	6:00-7:00  Julie		
7:00-8:00 HOT <b>Vinyasa Yoga</b> Trisha	7:00-8:00 WARM <b>Yin/Yang Yoga</b> Lisa S.	7:00-8:00 HOT <b>Vinyasa Yoga</b> Alana			