




GROUP FITNESS SCHEDULE July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 SPIN + SCULPT Krysten	5:45-6:30 CYCLING Kirsten	5:45-6:30 Bootcamp Stephenie	5:45-6:30 SPIN + SCULPT Kirsten	5:45-6:30 CYCLING Haley	
9:15-10:15 WARM Gentle Flow Hali	9:15-10:15 SPIN + SCULPT Amanda	9:15-10:15 Power Hour Amanda/Caitlyn	9:15-10:15 SPIN + STRETCH Michelle	9:15-10:15 HOT Vinyasa Yoga Tailyer	9:15-10:00 CYCLING Instructor Rotation
					10:15-11:15 HOT Vinyasa Yoga Instructor Rotation
12:10-12:50 HIIT Laurie		12:10-12:50 CYCLING Amanda	12:10-12:50 SPIN + SCULPT Rachel		
5:15-6:00 CYCLING Haley	5:15-6:00 CYCLING Lisa	5:15-6:00 SPIN + SCULPT Rachel	5:15-6:00 TOTAL BODY BLAST Julie		
6:15-7:00 Step + Sculpt Keri		6:15-7:00 Step + Sculpt Keri	6:00-7:00  Julie		
7:00-8:00 HOT Vinyasa Yoga Trisha	7:00-8:00 WARM Yin/Yang Yoga Lisa S.	7:00-8:00 HOT Vinyasa Yoga Michelle			