



# Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
	<b>6:00am Body Burn</b> w/Melissa (GF Studio)	<b>6:00am Cycle</b> w/Brooke (Cycle Studio)	<b>6:00am Body Burn</b> w/Melissa (GF Studio)	<b>6:00am Cycle</b> w/Brooke (Cycle Studio)	<b>8:00am Cycle</b> w/Brooke (Cycle Studio)	<b>CLOSED</b>
		<b>6:45am Flow &amp; Go</b> w/Bella (MP Room)	<b>7:00am Yoga</b> w/Peter (MP Room)		<b>9:00am Circuit Training</b> w/Misty (GF Studio)	
<b>8:15am Circuit Training</b> w/Rukeisha (GF Studio)		<b>8:15am Circuit Training</b> w/Rukeisha (GF Studio)		<b>8:15am Circuit Training</b> w/Rukeisha (GF Studio)	<b>9:00am Yoga</b> w/Barbara (MP Room)	
	<b>8:30am Cycle</b> w/Brooke (Cycle Studio)		<b>8:30am Cycle</b> w/Brooke (Cycle Studio)		<b>10:00am Zumba</b> w/Rukeisha (GF Studio)	
<b>AFTERNOON</b>						
<b>5:30pm Cycle</b> w/Julie (Cycle Studio)	<b>6:00pm Zumba</b> w/Rukeisha (GF Studio)	<b>5:30pm Cycle</b> w/Julie (Cycle Studio)	<b>6:00pm Aqua</b> w/Misty (Pool)	<b>12:00pm Aqua</b> w/Misty (Pool)		
	<b>5:00pm Yoga</b> w/Barbara (MP Room)	<b>6:00pm Aqua</b> w/Rukeisha (Pool)	<b>5:00pm Yoga</b> w/Barbara (MP Room)	<b>6:00pm Zumba</b> w/Rukeisha (GF Studio)		