



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING					
6:00am Cycle w/ Gina (Cycle Studio)	6:00am Power Blast w/ Gina (GF Studio)	6:00am Cycle w/ Brooke (Cycle Studio)	6:00am Power Blast w/ Gina (GF Studio)	6:00am Cycle w/ Brooke (Cycle Studio)	8:00am Cycle w/ Brooke (Cycle Studio)
	7:00am Yoga w/ Peter (MP Room)		7:00am Yoga w/ Peter (MP Room)		9:00am Yoga w/ Barbara (MP Room)
8:15am Circuit Training w/ Rukeisha (GF Studio)		8:15am Circuit Training w/ Rukeisha (GF Studio)		8:15am Circuit Training w/ Rukeisha (GF Studio)	9:00am Circuit Training w/ Misty (GF Studio)
	8:30am Cycle w/ Brooke (Cycle Studio)		8:30am Cycle w/ Brooke (Cycle Studio)		10:00am Zumba w/ Rukeisha (GF Studio) 10:15am Aqua w/ Misty (Pool)
6:15pm Aqua w/ Misty (Pool)	5:00pm Yoga w/ Barbara (MP Room)		5:00pm Yoga w/ Barbara (MP Room)	12:00pm Aqua w/ Misty (Pool)	
	6:00pm Zumba w/ Rukeisha (GF Studio)	6:15pm Circuit Training w/ Misty (GF Studio)	6:00pm Zumba w/ Rukeisha (GF Studio)		

Sunday

