

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a		Muscle Conditioning		Muscle Conditioning			
6:00a	Boot Camp • Yoga	Morning Ride • Zumba®	Boot Camp	Morning Ride	Boot Camp • Yoga		
8:15a	NEW CLASS **8:30am** Yin Yoga Lori					**8:15 am** Step	
8:45a	Cardio Core Challenge	Barbell Body Blast	Cardio Interval Challenge	Barbell Body Blast	Zumba®		
9:00a	Forever Fit	Aqua	Forever Fit	Aqua	Forever Fit	Pilates Flow • Ready to Ride • Aqua	
9:15a		Yoga		Yoga	Interval Cycling!	Zumba®	
9:45a	Boot Camp • Cycling   Pilates	Zumba®	R.I.P.P.E.D • Cycling   Yoga	Zumba®	Boot Camp • Pilates		
10:15a						Yoga	
11:00a	Vinyasa Flow • Bender Barre Pilates (main studio)	Vinyasa Flow • willPower & grace®	Pilates (main studio)	Yin Yoga • willPower & grace®	Yoga		
12:15p	Zumba®	Indoor Cycling	Zumba® Toning • Indoor Cycling	Indoor Cycling			
2:00 P							Zumba®
3:30p							Barbell Body Blast
5:00 p	Zumba		willPower & grace®		Zumba		
6:00p	Barbell Body Blast • Indoor Cycling • Vinyasa Flow • Aqua	Pilates (main Studio) • Indoor Cycling • Yoga   Forever Fit	Barbell Body Blast • Intro to Zumba® • Aqua	Cardio Interval Training • Indoor Cycling • Vinyasa Flow   Forever Fit	<p align="center"><b>Cooper Fitness Center at Craig Ranch</b></p> <p align="center"><b>Group Exercise Menu</b></p>		
7:00p		Zumba®	Yoga • Zumba®	Zumba®			