

GROUP EXERCISE SCHEDULE

NOVEMBER 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 A.M.		5:30-6:15 A.M. TRX BETH	5:30-6:30 A.M. CYCLE SUSIE	5:30-6:15 A.M. BOOT CAMP BETH	5:30-6:30 A.M. CYCLE SUSIE	5:30-6 A.M. KNOCKOUT 30 BETH	
8 A.M.		8:30-9:15 A.M. CYCLE SARA		8-9 A.M. ZUMBA BETTY		8-9 A.M. ZUMBA BETTY	8:15-9:30 A.M. BIKER BARRE BETH
9 A.M.			9-9:45 A.M. BARRE BETH	9-10 A.M. LIFT DANI	9-9:45 A.M. BARRE BETH	9-9:45 A.M. CYCLE SARA	9:30-10:30 A.M. YOGA KIM/SHARON
12 P.M.		12:10-12:55 P.M. HIIT SARA	12:10-12:55 P.M. CYCLE CHELSEA/KATIE	12:10-12:55 P.M. HIIT SARA	12:10-12:55 P.M. CYCLE AUSTIN	12:10-12:55 P.M. TOTAL BODY SARA	
			12:10-12:55 P.M. F.I.T. AUSTIN				
5 P.M.		5:15-6 P.M. CYCLE BETH	5:15-6 P.M. TRX BETH	5:15-6 P.M. CYCLE BETH	5:15-6:15 P.M. BOOT CAMP BETH		
				5:30-6:30 P.M. STEP SHARON			
6 P.M.		6-6:45 P.M. LIFT BETH	6:30-7:15 P.M. YOGA BETTY		6:30-7:15 P.M. YOGA BETTY		

CLASS TYPE

- STUDIO A
- STUDIO B
- STUDIO C
- STUDIO D

KEY

