

Group Class Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance	Bicycling 7:00 – 9:00AM 3:45 – 5:45PM Trainer Jim		Spin 1:00 – 3:00PM 5:15 – 7:15PM Trainer Alexis	Bicycling 7:30 – 9:30AM 3:00 – 5:00PM Trainer Jim	Swimming 3:00 – 5:00PM Trainer Payne	Spin 1:00 – 3:00PM 5:00 – 7:00PM Trainer Alexis	Swimming 3:00 – 5:00PM Trainer Payne
Strength	L. Weights 8:00 – 10:00AM 2:00 – 4:00PM Trainer Kim	H. Weights 4:00 – 5:30PM 7:00 – 8:30PM Trainer Matt			L. Weights 8:00 – 10:00AM 2:00 – 4:00PM Trainer Kim	H. Weights 4:00 – 5:30PM 7:00 – 8:30PM Trainer Matt	
Balance	Yoga 4:45 – 7:45AM 6:30 – 9:30PM Trainer Julie	Yoga 4:15 – 7:15AM 8:45 – 11:45PM Trainer Jason	Yoga 4:00 – 7:00AM 6:30 – 9:30PM Trainer Andy		Yoga 4:00 – 7:00AM 6:30 – 9:30PM Trainer Dani	Yoga 4:15 – 7:15AM 8:45 – 11:00PM Trainer Jason	Yoga 4:45 – 7:45AM 6:30 – 9:30PM Trainer Julie
Flexibility			Stretch 9:00 – 11:00AM 2:30 – 5:30PM Trainer Sam		Stretch 9:15 – 11:15AM 3:00 – 6:00PM Trainer Sam		Stretch 9:00 – 11:00AM 2:45 – 5:45PM Trainer Sam