



# GROUP EXERCISE

## MONDAY

- 6:00 - 6:45 **Total Body TurnUp** w/Key  
 8:30 - 9:20 **Cardio Sculpt** w/Melissa  
 9:00 - 10:00 **Studio Spin** w/Lane  
 9:30 - 10:20 **Zumba** w/Nancy  
 10:00 - 11:00 **Restorative Yoga** w/Alisa  
 10:30 - 11:20 **Golden Beats** w/ Samantha  
 11:05 - 11:20 **Yoga Core** w/Alisa  
 11:25 - 12:15 **Yoga Blend** w/Alisa  
 12:00 - 12:50 **Power Up** w/Key  
 1:00 - 1:50 **Shuffle** w/Melissa  
 4:30 - 5:20 **Bootcamp** w/Nikki  
 5:15 - 5:30 **Yoga Core** w/Alisa  
 5:30 - 6:20 **Studio Spin** w/Kelly  
 5:40 - 6:30 **Hatha Yoga (Levels 2/3)** w/Alisa  
 5:45 - 6:30 **BunsNGuns (Level 2)** w/Nikki  
 6:30 - 7:20 **MIXEDFIT®** w/Natasha

## TUESDAY

- 8:30 - 9:20 **Yoga** w/Natalie  
 8:30 - 9:20 **Total Body TurnUp** w/Lane  
 9:30 - 10:20 **Restorative Yoga** w/Natalie  
 11:00 - 11:50 **SilverSneakers® Circuit** w/Barbara  
 4:30 - 5:20 **BunsNGuns** w/MaryDawn  
 4:30 - 5:20 **Yoga Basics** w/Bethany  
 5:30 - 6:30 **Heated Power Yoga** w/Candace  
 5:30 - 6:20 **Studio Spin** w/Nikki  
 5:30 - 6:20 **Zumba** w/Natasha  
 6:30 - 7:20 **Turbo Kick** w/ Natasha

## WEDNESDAY

- 5:30 - 6:15 **Hot Strong Detox Yoga** w/Melissa  
 6:00 - 6:45 **Total Body TurnUp** w/Key  
 8:30 - 9:20 **Cardio Sculpt** w/Melissa  
 9:00 - 10:00 **Studio Spin** w/Lane  
 9:30 - 10:20 **Yoga Barre** w/Alisa  
 9:30 - 10:20 **SilverSneakers® Yoga** w/Barbara  
 10:30 - 11:20 **SilverSneakers® Classic** w/Barbara  
 11:05 - 11:20 **Yoga Core** w/Alisa  
 11:25 - 12:15 **Yoga Blend** w/Alisa  
 12:00 - 12:50 **Power Up** w/Key  
 1:00 - 1:50 **Shuffle** w/Melissa  
 4:30 - 5:20 **Bootcamp** w/Key  
 5:15 - 5:30 **Yoga Core** w/Alisa  
 5:30 - 6:20 **Studio Spin** w/Crystal  
 5:40 - 6:30 **Hatha Yoga (Levels 2/3)** w/Alisa  
 6:30 - 7:20 **MIXEDFIT®** w/Natasha

## THURSDAY

- 5:30 - 6:15 **Studio Spin** w/Paul  
 8:30 - 9:20 **Total Body TurnUp** w/Key  
 9:30 - 10:20 **Restorative Yoga** w/Melissa  
 11:00 - 11:50 **SilverSneakers® Circuit** w/Barbara  
 12:00 - 1:00 **Golden Beats** w/Samantha  
 4:30 - 5:20 **BunsNGuns** w/MaryDawn  
 4:30 - 5:20 **Basic Yoga** w/Melissa  
 5:30 - 6:20 **Zumba** w/DeDe  
 5:30 - 6:25 **Studio Spin** w/Kelly  
 5:45 - 6:30 **BunsNGuns (Level 2)** w/Toni

## FRIDAY

- 6:00 - 6:45 **Total Body TurnUp** w/Key  
 8:30 - 9:20 **Zumba** w/Nancy  
 9:00 - 10:00 **Studio Spin** w/Lane  
 9:30 - 10:20 **Barre** w/ Nancy  
 10:00 - 11:00 **Restorative Yoga** w/Natalie  
 11:15 - 12:00 **SilverSneakers® Circuit** w/Barbara  
 11:05 - 11:20 **Yoga Core** w/Natalie  
 11:25 - 12:15 **Yoga Blend** w/Natalie  
 12:00 - 12:50 **Power Up** w/Key  
 1:00 - 1:50 **Shuffle** w/Melissa  
 4:30 - 5:20 **Bootcamp** w/Key

## SATURDAY

- 8:30 - 9:20 **Hot Flow Yoga** w/Bethany  
 9:30 - 10:30 **Studio Spin** Rotation  
 10:30 - 11:20 **Zumba** Rotation

## SUNDAY

- 3:00 - 3:50 **Yoga (All Levels)** Rotation

