

Group X Calendar

Period	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Period		6:00am-6:50am Tabata w/ Eric (R2) 8:00am—8:45am Spinning® w/ Jamie	5:45am - 6:30am Yoga for Grunts w/JC (R1) 8:00am - 9:00am Cardio Max w/Debi (R2)	5:45am-6:45am Spinning® w/Stacie	6:00am-7:00am Spartan Warrior w/ Eric	5:45am - 6:30am Spinning w/ Alan	8:00am- 9:00am Step and Sweat w/ Debi (R2)
2nd Period	8:15am-9:15am Yoga (R1) “ Vinyasa Flow ” w/ Kristi 9:30am - 10:20 Bob’s Boot Camp (R2) 8:30am - 9:30am Spinning® w/Danny	9:00am-9:45am Spinning® w/Jamie 9:00am– 10:00am Boot Camp w/Chris (track) 9:00am– 9:50am Zumba w/ Jen (R2)	9:00am-9:45am Spinning® w/Val 9:00am - 9:50am Cardio Kickboxing w/Dani (R2) 10:15am - 11:00am Yoga for Grunts w/ JC (R1)	9:00am-9:45am Spinning® w/JoAnn 9:00am-9:50am BOSU Total Body w/ Jamie (R2) 10:00am-10:50am Bob’s Boot Camp (R2)	8:30am - 9:15am TRX w/ Jamie (R1) 9:15am - 10:05am Zumba w/Jen (R2) 9:15am - 10:15am Spinning® w/Stacie	9:00am-9:45am Spinning® w/Jamie 9:00am-9:50am Power Pump w/Peggy (R2) 9:00am-10:00am “ Yoga Mix ” w/Lisa (R1)	8:30am - 9:30am TRX w/ Chris (R1) 8:30am-9:30am Spinning® w/Maggie or Holly
3rd Period		10:00am– 10:30am Core Values w/Valerie (R2) 10:00am-11:00am Yoga w/ Emily (R1)	10:00am - 10:45am Tabata w/ Jamie (R2) 11:15am - 12:00pm Prime Time w/ Chris (R2)	10:00am-11:00am Mat Pilates (R1) w/Francesca	10:30am-11:30am Pilates w/ LuAnn (R1)	10:15 am - 11:15am Cardio Boxing w/ Valerie (R2) 11:15am - 12:00pm (R2) Prime Time w/ Chris (R2)	9:00am - 10:00am Zumba (R2) w/ Amity 10:00am - 11:00am Yoga (R1) w/Larry “ Vinyasa Flow ”
Lunch Break							
4th Period		4:30pm-5:20pm Kickboxing/Pilates on Stability Ball w/ Dani (R2) 5:45pm-6:30pm TRX w/Bob (R1)	4:30pm - 5:30pm “ Yoga Mix ” w/Lisa (R1) 4:30pm - 5:30pm HIIT w/ Nelly (R2) 5:45pm-6:30pm TRX w/Bob (R1)	4:30pm - 5:30pm Yoga w/ Janine (R1) 5:00pm-5:50pm Zumba Toning w/ Jen (R2)	5:30pm-6:15pm Zumba Gold (R2) w/ Virginia 5:30pm-6:30pm Kettlebell (track) w/ Shelley	4:30pm-5:20pm Zumba (R2) w/ Amity	
5th Period		6:00pm-6:45pm Tabata w/J.C. (R2) 6:00pm-7:00pm Spinning® w/ JoAnn	6:00pm - 7:00pm Zumba w/ Sarah (R2) 6:00pm - 7:00pm Spinning® w/Maggie	6:00pm - 7:00pm Pilates w/ Jen (R1) 6:00pm-6:45pm Spinning® w/Alan 6:00pm - 6:45pm Tabata or Boot Camp w/JC or Chris (R2)	6:00pm—7:00pm Spinning® w/ Jana 6:00pm - 7:00pm PiYo w/ Maggie (R1)	5:45pm - 6:35pm Bob’s Boot Camp (R2) 6:45pm-7:45pm “ Gentle Yoga ” (R1) w/ Sue	