



GROUP FITNESS CLASSES

EFFECTIVE MONDAY OCTOBER 5TH, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
** = PAID CLASS/LESSON STUDIO 1 ** = PAID CLASS/LESSON						
	TOTAL BODY 6:00 AM - 6:45 AM		TOTAL BODY 6:00 AM - 6:45 AM			
MUSCLE UP 9:30 AM - 10:30 AM		CORE N FLEX 9:30 AM - 10:15 AM				BHANGRA 10:30 AM - 11:30 AM
					BOLLYWOOD 11:30 AM - 12:30 PM	
			BOLLYWOOD 12:00 PM - 1:00 PM			ZUMBA 12:00 PM - 1:00 PM
	CORE N FLEX 5:30 PM - 6:15 PM					
BOOTCAMP 6:30 PM - 7:30 PM	BOLLYWOOD 6:30 PM - 7:30 PM	CIRCUIT 6:15 PM - 7:15 PM	BOOTCAMP 6:30 PM - 7:30 PM	ZUMBA 6:30 PM - 7:30 PM		
BHANGRA 7:40 PM - 8:20 PM	ZUMBA 7:30 PM - 8:30 PM	ZUMBA 7:30 PM - 8:30 PM	BHANGRA 7:40 PM - 8:20 PM			
BHANGRA 8:30 PM - 9:10 PM			BHANGRA 8:30 PM - 9:10 PM			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 2 - SPIN						
MORNING RIDE 6:00 AM - 6:45 AM		MORNING RIDE 6:00 AM - 6:45 AM				
					CYCLE FIT 9:00 AM - 9:45 AM	
		VITALITY 5:15 PM - 6:15 PM				
CYCLE FIT 6:15 PM - 7:15 PM						
			SUPER SPIN 7:15 PM - 8:15 PM			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 3 - YOGA						
SUNRISE FLOW 6:45 AM - 7:30 AM						
		VINYASA 9:30 AM - 10:30 AM	FOCUS 9:30 AM - 10:30 AM	POWER VINYASA 9:30 AM - 10:30 AM		
					RESTORATIVE 10:15 AM - 11:15 AM	
				YIN 10:45 AM - 11:45 AM		VINYASA 11:00 AM - 12:00 PM
			HATHA 5:00 PM - 6:00 PM			
FLOW & TONE 6:00 PM - 7:00 PM RESTORATIVE 7:15 PM - 8:15 PM	VINYASA 6:30 PM - 7:30 PM	BODY BALANCE 6:30 PM - 7:30 PM		VINYASA 6:30 PM - 7:30 PM		
		LUNAR FLOW 7:40 PM - 8:40 PM	VINYASA 7:30 PM - 8:30 PM			