

# Group Fitness Schedule 2022



## FALL SCHEDULE

Starting Monday, August 22nd

MORNING CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Capacity Cycle 5:30-6:15AM		Interval Cycle 5:30-6:15AM		BodyPump 7:00-8:00AM
BodyPump 6:00-7:00AM	BodyAttack 6:00-6:45AM	BodyPump 6:00-7:00AM	BodyCombat 6:00-6:45AM	BodySculpt 6:00-7:00AM	BodyAttack 8:00-8:45AM
Capacity Cycle 9:00-9:45AM	Endurance Cycle 9:00-9:45AM	CycleSculpt 9:00-10:00AM	HIIT 30 Cycle 8:30-9:00AM	Interval Cycle 9:00-9:45AM	Endurance Cycle 8:00-9:00AM
AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM
BodySculpt Express 9:00-9:45AM	BodyPump 9:00-10:00AM	BodyAttack 9:00-10:00AM	BodyPump 9:00-10:00AM	BodyCombat 9:00-10:00AM	BodySculpt Express 8:45-9:30AM
Barre 9:00-10:00AM	Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Vinyasa Yoga 9:00-10:00AM
Grit Athletic 9:45-10:15AM	Dance Fit 10:00-11:00AM	BodyPump 10:00-11:00AM	DanceFit 10:00-11:00AM	GritStrength 10:00-10:30AM	BodyCombat 9:30-10:30AM
PowerYoga 10:00-11:00AM	Yin Yoga 10:00-11:00AM	GentleYoga 10:00-11:00AM	YogaStretch 10:00-11:00AM	FitYogaFlow 10:00-11:00AM	BodyPump 10:30-11:30AM
BodyCombat 10:15-11:00AM				Sculpt Express 10:30-11:15AM	
SilverSneakers® Cardio Dance 11:00-11:45AM	SilverSneakers® Classic 11:00-Noon	SilverSneakers® Circuit 11:00-11:45AM	SilverSneakers® Classic 11:00-Noon	Zumba Gold 11:15-Noon	
EVENING CLASSES					
BodySculpt Express 4:30-5:15PM	BodyPump 4:30-5:30PM	BodySculpt Express 4:30-5:15PM	DanceFit 4:30-5:30PM	BodyPump 4:30-5:30PM	
GritStrength 5:15-5:45PM	BodyCombat 5:30-6:30PM	BodyAttack 5:15-6:00PM	Core Sculpt Express 5:30-6:00PM		
Barre Express 5:30-6:15PM					
BodyAttack 5:45-6:30PM			BodyCombat 6:00-6:45PM		
HIIT Cycle 6:00-6:30pm		Endurance Cycle 6:00-6:45PM			
Vinyasa Yoga Express 6:15-7:00PM	Yin Yoga 6:30-7:30PM	Grit Strength 6:00-6:30 PM			
BodyPump 6:35-7:30PM	BodySculpt 6:35-7:30PM	BodyPump 6:35-7:30PM	BodySculpt 6:45-7:45PM		

### LEGEND

- Large Room
- Yoga Room
- Cycling Room
- Pool