

# Group Fitness Schedule 2024

## WINTER SCHEDULE

STARTS JAN. 15



GLEN ATHLETIC CLUB

MORNING CLASSES					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 30 Cycle 5:30-6:00 AM	Capacity Cycle 5:30-6:15AM	BodyPump 6:00-7:00AM	Interval Cycle 5:30-6:15AM		BodyPump 7:00-8:00AM
BodyPump 6:00-7:00AM		SilverFit Balance 8:00-8:45AM		BodySculpt 6:00-7:00AM	BodyAttack 8:00-8:30AM
Capacity Cycle 9:00-9:45AM	HIIT 30 Cycle 8:30-9:00AM	CycleSculpt 9:00-10:00AM	HIIT 30 Cycle 8:30-9:00AM	Interval Cycle 9:15-10:00AM	Endurance Cycle 7:15-8:15AM
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 9:00-10:00AM	BodyPump 9:00-10:00AM	Les Mills Core 9:00-9:30AM	BodyPump 9:00-10:00AM	BodyPump 8:30-9:15AM	Endurance Cycle 8:30-9:30AM
Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Vinyasa Yoga 9:30-10:30AM
BodyCombat 10:00-11:00AM	Dance Fit 10:00-11:00AM	BodyAttack 9:30-10:00AM	DanceFit 10:00-11:00AM	BodyCombat 9:15-10:15AM	PowerPilates 8:35-9:30AM
Vinyasa Yoga 10:05-11:00AM	YinYoga 10:05-11:00AM	Gentle Yoga 10:05-11:00AM	Restorative Yoga 10:05-11:00AM	FitYogaFlow 10:05-11:00AM	BodyCombat 9:30-10:30AM
	HIIT 30 Cycle 10:00-10:30AM	BodyPump 10:05-11:00AM			BodyPump 10:35-11:30AM
	SilverFit Classic 11:00-Noon	SilverFit Curcuit 11:05-11:50AM	SilverFit Classic 11:00-Noon	Zumba Gold 11:00-Noon	
EVENING CLASSES					
Les Mills Core 4:45-5:15PM		BodySculpt Express 4:30-5:15PM		BodyPump 4:30-5:30PM	
BodyAttack 5:15-6:00PM	BodyPump 5:00-6:00PM	BodyAttack 5:15-6:00PM	BodyPump 5:00-5:45PM		
Grit Strength 6:00-6:30PM	Restorative Yoga 5:30-6:30PM	Grit Strength 6:00-6:30 PM	Vinyasa Yoga 5:30-6:30PM		
HIIT Cycle 6:00-6:30pm	BodyCombat 6:00-6:45PM	Endurance Cycle 6:00-6:45PM	BodyCombat 5:45-6:30PM		
BodyPump 6:35-7:30PM		BodyPump 6:35-7:30PM	Les Mills Core-45 6:35-7:20PM		

### LEGEND

- Large Room
- Yoga Room
- Cycling Room
- Pool