

Group Exercise Schedule for January 2019

Mondays

6:00-6:45am Kettlebell
 8:15-9:30am Power Plyo
 9:15-10:00am Yoga Flow
 12:15-12:45pm Kettlebell
 4:30-5:00pm Group Cycling
 5:15-6:15pm Hour of Power

Tuesdays

6:00-6:45am Tough Mudder Training
 8:15-9:00am Carolyn's™ Low Impact
 9:15-10:00am Variable Resistance Training
 10:15-11:00am Strength Training
 12:15-12:45pm Group Cycling
 4:30-5:00pm Kettlebell
 5:15-6:00pm Butt Busters
 6:15-7:00pm H.I.T.

Wednesdays

6:00-6:45am Variable Resistance Training
 8:15-9:00am Core Zone Express
 9:00-9:30am Flyte Fitness
 9:15-10:00am Silver & Fit
 12:15-12:45pm Strength Training
 3:45-4:15pm Just Abs
 4:15-5:00pm Strength Training
 4:30-5:00pm Group Cycling
 5:15-6:00pm Heidi's Hi-Lo Impact

Thursdays

6:00-6:30am Group Cycling
 8:15-9:00am Zumba Gold
 9:15-10:00am Butt Busters
 10:15-11:00am Strength Training
 12:15-12:45pm Core Zone Express
 4:15-5:00pm Variable Resistance Training
 5:15-5:45pm Group Cycling
 5:45-6:30pm Pilates
 6:00-6:45pm Strength Training
 6:30-7:15pm Zumba

Fridays

6:00-6:30am Power Plyo
 8:15-9:00am H.I.T.
 9:15-10:00am Group Cycling
 9:15-10:00am Silver & Fit
 10:30-11:15am Yoga Flow
 12:15-12:45pm Group Cycling

Saturdays

7:45-8:15am Kettlebell
 8:30-9:00am Just Abs
 9:05-10:05am Hour of Power
 10:15-10:45am Group Cycling

Sundays

12:15-1:00pm Variable Resistance Training
 1:00-1:30pm Just Abs
 Open New Year's Day 11am-2pm