



# GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Meditation 8:00AM 45 minutes	CrossFit* 6:00AM 60 minutes	Vinyasa Yoga 7:00AM 75 minutes	CrossFit* 6:00AM 60 minutes	Vinyasa Yoga 7:00AM 75 minutes	CrossFit* 6:00AM 60 minutes	Recovery Yoga 8:00AM 60 minutes
Vinyasa Yoga 9:00AM 75 minutes	Bootcamp* 7:15AM 60 minutes	HIIT* 8:30AM 60 minutes	Vinyasa Yoga 7:00AM 75 minutes	HIIT Hybrid* 8:30AM 60 minutes	Bootcamp* 7:15AM 60 minutes	Bootcamp* 8:15AM 60 minutes
Hatha Yoga 4:30PM 60 minutes	Pilates Core 8:30AM 60 minutes	Barre Fusion 8:30AM 60 minutes	Bootcamp* 7:15AM 60 minutes	Barre Fusion 8:30AM 60 minutes	Pilates Core 8:30AM 60 minutes	CrossFit* 10:00AM 60 minutes
	CrossFit* 9:00AM 60 minutes	Zumba Cardio Dance 9:45AM 60 minutes	Pilates Core 8:30AM 60 minutes	Zumba 9:45AM 60 minutes	CrossFit* 9:00AM 60 minutes	
	HIIT* 9:30AM 60 minutes	Total Body Energizer 11:00AM 60 minutes	CrossFit* 9:00AM 60 minutes	Total Body Energizer 11:00AM 60 minutes	Vinyasa Yoga 9:30AM 60 minutes	
	Love to Dance 11:15AM 60 minutes	CrossFit* 12:00PM 60 minutes	Vinyasa Yoga 10:00AM 60 minutes	CrossFit* 12:00PM 60 minutes	CrossFit* 12:00PM 60 minutes	
	CrossFit* 12:00PM 60 minutes	Recover Yoga 12:00PM 60 minutes	Love to Dance 11:15AM 60 minutes	Recovery Yoga 12:00PM 60 minutes	Love to Dance 12:00PM 60 minutes	
	CrossFit* 5:00PM 60 minutes	CrossFit* 5:00PM 60 minutes	CrossFit* 12:00PM 60 minutes	CrossFit* 5:00PM 60 minutes	BOSSFIT 5:30PM 60 minutes	
	Vinyasa Yoga 5:30PM 60 minutes	Pilates Core 5:30PM 60 minutes	CrossFit* 5:00PM 60 minutes	Vinyasa Yoga 5:30PM 60 minutes	Yin Yoga 5:30PM 60 minutes	
	Bootcamp* 6:00PM 60 minutes		Vinyasa Yoga 5:30PM 60 minutes	Pilates Core 6:45PM 60 minutes		
	Yoga & Mindfulness 6:45PM 60 minutes		Bootcamp* 6:00PM 60 minutes			

\*Requires a Club Membership.