



2022-2023 Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper Body Strength	5:15 AM / 9:00 AM / 12:00 PM	4:30 PM	-	-	-	-	-
Lower Body Strength	-	-	-	4:30 PM / 6:00 PM	5:15 AM / 9:00 AM / 12:00 PM	-	-
Bootcamp	-	-	5:15 AM / 9:00 AM / 12:00 PM	-	-	8:30 AM	-
Standard Spin	-	6:00-7:00 AM	-	6:00-7:00 AM	-	-	-
Beginner's Flow / Foundational Flow Yoga	5:00-6:00 PM	9:00-10:00 AM (heated) / 5:00-6:00 PM	5:00-5:45 PM	-	-	-	-
All Levels Flow Yoga	6:15-7:00 PM	-	6:00-6:45 PM	-	4:30-5:30 PM / 5:30-6:30 PM	9:30-10:30 AM	4:30-5:30 PM
Beginner's Ashtanga Yoga	-	-	9:00-10:00 AM	5:00-6:00 PM	-	-	-
Heated All Levels Flow Yoga	-	6:15-7:00 PM	-	9:00-10:00 AM / 6:15-7:00 PM	-	-	-
Themed Spin (See monthly spin schedule for theme)	-	7:30-8:30 PM	-	7:30-8:30 PM	-	-	-
Intro to weights	6:30 AM	7:00 PM	6:30 AM	7:00 PM	-	-	-
Performance HIIT	4:30 PM / 6:00 PM / 7:00 PM	5:15 AM / 9:00 AM / 12:00 PM	4:30 PM / 6:00 PM / 7:00 PM	5:15 AM / 9:00 AM / 12:00 PM	-	-	-
Cardio Boxing	-	6:00 PM	-	-	-	-	-
Meditation	-	-	7:00 PM	-	-	-	-