

# Group Fitness Schedule

Jan 8<sup>th</sup> - Feb 23<sup>rd</sup>

## Monday

Time	Class	Instructor	Location
6:30am - 7:30am	Cycle	Steph	Cycle Studio
10:15am - 11:15am	Cycle	Audrey	Cycle Studio
4:30pm - 5:30pm	Barre	Sydney	Small GX Studio
5:30pm - 6:30pm	Line Dancing	Gail	Large GX Studio
6:00pm - 7:00pm	Pilates	Alexis	Small GX Studio
6:30pm - 7:30pm	Cycle	Ellie	Cycle Studio

## Tuesday

Time	Class	Instructor	Location
6:30am - 7:30am	Yoga	Jamie	Small GX Studio
8:00am - 9:00am	Cycle	Audrey	Cycle Studio
4:15pm - 5:15pm	Pilates	Alexis	Small GX Studio
4:15pm - 5:15pm	Yoga	Sarah	Large GX Studio
6:30pm - 7:30pm	Cycle	Alexis	Cycle Studio
7:45pm - 8:45pm	Dance Fusion	Sarah	Large GX Studio

## Wednesday

Time	Class	Instructor	Location
10:15am - 11:15am	Cycle	Audrey	Cycle Studio
5:00pm - 6:00pm	Cycle	Katelyn	Cycle Studio
5:30pm - 6:30pm	Line Dancing	Gail	Large GX Studio
6:00pm - 7:00pm	Pilates	Jenny	Small GX Studio
6:30pm - 7:30pm	Cycle	Ellie	Cycle Studio

## Thursday

Time	Class	Instructor	Location
8:00am - 9:00am	Cycle	Audrey	Cycle Studio
4:15pm - 5:15pm	Yoga	Sarah	Large GX Studio
4:30pm - 5:30pm	Pilates	Sydney	Small GX Studio
5:15pm - 6:15pm	Cycle	Josie	Cycle Studio
5:45pm - 6:45pm	Dance Fusion	Sarah	Small GX Studio
6:00pm - 7:00pm	Zumba*	Gabby	Large GX Studio
6:30pm - 7:30pm	Cycle	Alexis	Cycle Studio

## Friday

Time	Class	Instructor	Location
4:00pm - 5:00pm	Yoga	Cindy	Large GX Studio