

SPRING 2023 FITNESS CLASS SCHEDULE

SCHEDULE RUNS APRIL 3 - JUNE 16, 2023

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakaway 6:45-7:30 AM Barb L.		Breakaway 6:45-7:30 AM Cindy B.	Breakaway 6:45-7:30 AM Van M.		
Breakaway 9:15-10 AM Kaaren A.		Breakaway 9:15-10:00 AM Christiane S.		Breakaway 9:15-10 AM Karen A.	Breakaway 10:15-11 AM Rotation	Breakaway 10:15-11 AM Rotation
Breakaway 12:15-1:00 PM Maija S.	Breakaway 11:15-12 PM Larry N.	Breakaway 12:15-1 PM Ellie Z.	Breakaway 11:15-12 PM Cindy B.	Breakaway 12:15-1 PM Gina T.		
Breakaway 4:30-5:15 PM Stephanie A.	Breakaway 4:30-5:15 PM Abby M.	Breakaway 4:30-5:15 PM Maija S.	Breakaway 5:15-6 PM Lisa G.	Breakaway 4:30-5:15 PM Ellie Z.		
Breakaway 6:15-7 PM Gina T.	Breakaway 6:15-7 PM Gina T.	Breakaway 6:15-7 PM Gina T.				

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
H.I.I.T. 9:10-9:55 AM Holland G.		H.I.I.T. 9:10-9:55 AM Holland G.		Body Pump 8:45-9:45 AM Cindy B.	Body Pump 9-10 AM Rotation	
Body Pump 12:15-1:15 PM Doriana P.	H.I.I.T. 12:15-1 PM Grace M.	Body Pump 12:15-1:15 PM Doriana P.	Body Pump 12:15-1:15 PM Cindy B.	Body Pump 12:15-1:15 PM Christiane S.		
6-Pack Abs 1:30-2 PM Doriana P.		6-Pack Abs 1:30-2 PM Doriana P.		6-Pack Abs 1:30-2 PM Christiane S.		
H.I.I.T. 4:15-5 PM Cindy B.	Body Pump 4:15-5:15 PM Stephanie A.	Body Pump 4:15-5:15 PM Christiane S.	H.I.I.T. 4:15-5 PM Abby M.			
6-Pack Abs 5:15-5:45 PM Cindy B.	H.I.I.T. 5:30-6 PM Abby M.	Contemporary Jazz 5:30-6:30 PM Leah S.	Hip Hop + Heels 5:15-6:15 PM Emily S.			
Contemporary Jazz 6-7 PM Leah S.	Zumba 6:15-7:15 PM Danya N.					
Hip Hop + Heels 7:15-8:15 PM Emily S.						

STUDIO 2

■ : Fee Required ■ : No Fee Required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Barre Connect 7:45-8:30 AM Christiane S.		Fusion Pilates 7:45-8:30 AM Christiane S.			
Hatha Yoga 9:10-10:10 AM Aya S.	Hatha Yoga 9:10-10:10 AM Lynn M.	Fusion Pilates 9:10-9:55 AM Sophie R.	Vinyasa Flow 9:10-10:10 AM Lynn M.	Fusion Pilates 9:10-9:55 AM Sophie R.		
Fusion Pilates 10:30-11:15 AM Doriana P.	Fusion Pilates 10:30-11:15 AM Doriana P.	Power Flow 10:30-11:30 AM Victoria K.		Barre 10:30-11:15 AM Karen A.		
Hatha Yoga 12:10-1:10 PM Richard M.	Power Flow 12:10-1:10 PM Victoria K.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Hatha Yoga 12:10-1:10 PM Richard M.	Hatha Yoga 12:10-1:10 PM Richard M.	Yoga Flow 11:15AM-12:15PM Rotation	Yoga Flow 11:15AM-12:15PM Rotation
Sculpt Yoga 4:10-5 PM Sophie R.	TRX 4:10-5 PM Lisa G.	Power Flow 4:10-5:10 PM Liz C.	TRX Circuit 4:10-5 PM Lisa G.	Fusion Pilates 4:10-4:55 PM Doriana P.		
Vinyasa Flow 5:15-6:15 PM Liz C.	Power Flow 5:15-6:15 PM Hanna A.	Barre Connect 5:30-6:15 PM Lea B.	Fusion Pilates 5:15-6 PM Madi H.	Vinyasa Flow 5:15-6:15 PM Liz C.		
Salsa/Bachata 6:30-7:30 PM Horacio H.	High Fitness 6:30-7:15 PM Bailey V.	Salsa/Bachata 6:30-7:30 PM Horacio H.	High Fitness 6:30-7:15 PM Bailey V.			
	Sculpt Yoga 7:30-8:30 PM Alex G.		Sculpt Yoga 7:30-8:30 PM Alex G.			

MAT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Krav Maga 12:10-1:10 PM Nefferti S.		Krav Maga 12:10-1:10 PM Nefferti S.				
Shorin Ryu Karate 6:45-7:45 PM Lance G.	Kickboxing 6:45-7:45 PM Nefferti S.	Shorin Ryu Karate 6:45-7:45 PM Lance G.	Kickboxing 6:45-7:45 PM Nefferti S.			

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Aqua Fit (Leisure Pool) 11:10-11:55 AM Cindy B.			Aqua Fit (Lap Pool) 10:30-11:15 AM Cindy B.		