



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Fitness Schedule

December 3-7, 2018

Monday 12/3	Tuesday 12/4	Wednesday 12/5	Thursday 12/6	Friday 12/7
	5:45-6:30am Cycling Cycling Studio	5:45-6:30am H.I.I.T Group Fitness 2		5:30-6:00am Cycling Cycling Studio
	6:00-7:00am Boot Camp Gymnasium		6:00-7:00am Boot Camp Gymnasium	6:00-6:30am H.I.I.T. Group Fitness 2
8:00-8:50am H.I.I.T. Group Fitness 2	8:00-8:50am Turbokick Group Fitness 2	8:00-8:45am H.I.I.T. Group Fitness 2	8:00-8:45am H.I.I.T. Group Fitness 2	
9:00-9:45am Cycling Cycling Studio	9:00-10:00am Barre Group Fitness 2	9:00-9:45am Cycling Cycling Studio	9:00-9:45am Pound Group Fitness 2	9:00-9:45am Cycling Cycling Studio
	9:00-9:55am Yoga Activities Center		9:00-9:55am Yoga Activities Center	
10:00-10:45am Stretch & Balance Group Fitness 2		10:00-10:50am Turbokick Group Fitness 2	10:00-11:00am Barre Group Fitness 2	10:00-10:45am Stretch & Balance Group Fitness 2
11:00am-12:00pm Tai Chi Group Fitness 2		11:00-11:30am Strength & Sculpt Group Fitness 2		11:00-11:30am Strength & Sculpt Group Fitness 2
			12:15-1:00pm TaijiFit Group Fitness 2	
	4:15-5:00pm H.I.I.T. Group Fitness 2		4:15-5:00pm Cycling Cycling Studio	
5:30-6:20pm Turbokick Group Fitness 2	5:30-6:20pm Power Yoga Group Fitness 2	5:30-6:30pm Barre Group Fitness 2	5:30-6:30pm Barre Group Fitness 2	5:30-6:20pm Turbokick Group Fitness 2
5:30-6:15pm Cycling Cycling Studio	5:30-6:15pm Cycling Cycling Studio			
6:30-7:30pm Power Yoga Activities Center	6:30-7:15pm Pound Group Fitness 2	6:30-7:00pm Core Focus Together Group Fitness 2	6:30-7:00pm Core Focus Together Group Fitness 2	
6:30-7:20pm Circuit Group Fitness 2	7:30-8:20pm Zumba Group Fitness 2			