

SUMMER 2017 SCHEDULE

This schedule will run from May 8th through August 4th

**** Please note: We will not be holding group exercise classes during the month of August.*

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|--|-------------------------------------|--|-------------------------------------|--------------------------------------|
| 6:30 AM | 6:30-7:15am Cycle Stephanie | 6:30-7:15 am Boot camp Alex | 6:30-7:15am Cycle Stephanie | 6:30-7:15 am Boot camp Alex | 6:30-7:15am Cycle Stephanie |
| | | 6:30-7:15 am Cycle Jenna | | 6:30-7:15 am Cycle Jenna | |
| 7:00 AM | 7:15-7:30 am Hard Core Ashley | 7:15-7:30 am Hard Core Ashley | 7:15-7:30 am Hard Core Ashley | 7:15-7:30 am Hard Core Ashley | 7:15-7:30 am Hard Core Ashley |
| | | | | | |
| 12:00 PM | 12:00-12:45 pm Yoga Amanda | 12:00-12:45 pm ZUMBA Jen | 12:00-12:45 pm Yoga Amanda | 12:00-12:45 pm ZUMBA Jen | 1:00-2:00 pm Boot Camp Gillian |
| 1:00 PM | 1:00-2:00 pm Boot Camp Gillian | | 1:00-2:00 pm Boot Camp Gillian | | |
| | | | | | |
| 5:30 PM | 5:30-6:15 pm Boot Camp Gillian | 5:30-6:30 pm Cycle Gillian | 5:30-6:15 pm Boot Camp Gillian | 5:30-6:30 pm Cycle Gillian | |
| 6:00 PM | 6:15-6:30 pm Core & Cool Gillian | | 6:15-6:30 pm Core & Cool Gillian | | |

