

Spring 2018 Group X Schedule

Monday			
7:00-7:45am	Total Body Toning	Chelsea	MP2
12:30-1:15pm	Cycle and Sculpt	Celina	MP2
4:00-4:45pm	STRONG by Zumba	Monica	MP1
5:00-5:45pm	Pilates	MeMe	MP2
5:00-5:45pm	Barre Above	Jenna	MP1
5:00-5:45pm	Bearkat Boot Camp	JJ	RB1
6:00-6:45pm	Zumba	Jenn	MP1
6:00-6:45pm	Cycle Fit	Hailey	MP2
6:00-6:45pm	HardCORE + Booty Blast	Lyndsey	RB1
7:00-7:45pm	Total Body Toning	Mya	MP2
8:00-9:00pm	Hit Fit	Brandon	MP1
8:00-9:00pm	Yoga	Sulia	MP2
Tuesday			
7:00am-7:45am	Cycle Fit	Lyndsey	MP2
4:30pm-5:15pm	Total Body Toning	JJ	MP2
4:30pm-5:15pm	PiYo	Jenn	MP1
5:30pm-6:15pm	Cycle & Sculpt	Hailey	MP2
5:30pm-6:15pm	Zumba	Morgan	MP1
5:30-6:30pm	Spring Break Fit Camp	Madi	RB1
6:30pm-7:15pm	POP Pilates	Darby	MP2
6:30pm-7:15pm	Barre Toning	Sulia	MP1
7:30-8:30pm	Yoga	MeMe	MP2
7:30-8:15pm	10 Rounds	Brandon	MP1
Wednesday			
7:00am-7:45am	Yoga	Jenna	MP2
12:30pm-1:15pm	Barre Toning	Sulia	MP1
4:30-5:15pm	POP Pilates	Darby	MP2
4:00-4:45pm	10 Rounds	Brandon	MP1
5:00-5:45pm	Cardio Kickboxing	Adrienne	MP1
5:15-6:15pm	Ladies That Lift	TBD	RB1
6:00-6:45pm	Cycle Fit	Lyndsey	MP2
6:00-6:45pm	Zumba	Morgan	MP1
6:30-7:15pm	HardCORE + Booty Blast	Darby	RB1
7:00-7:45pm	Total Body Toning	Lyndsey	MP2
8:00-9:00pm	Yoga	Jenn	MP2
Thursday			

7:00-7:45am	Cycle Fit	Jenna	MP2
12:30-1:15pm	Bearkat Boot Camp	Celina	RB1
4:30-5:15pm	Cycle and Sculpt	Jenna	MP2
4:30-5:15pm	Zumba	Jenn	MP1
5:30-6:15pm	POP Pilates	Darby	MP2
5:30-6:15pm	Barre R&R	Jenna	MP1
5:30-6:30pm	Spring Break Fit Camp	Madi	RB1
6:30-7:00pm	HardCore	Lyndsey	MP1
7:30-8:30pm	Yoga	MeMe	MP2
7:30-8:00pm	Roll and Recover	Lyndsey	MP1
Friday			
12:00 – 12:45pm	Zumba	Mya	MP1
12:00-12:45pm	Cardio Kickboxing	Celina	MP2
1:00 -1:45pm	Total Body Toning	Hailey	MP2
2:00-2:45pm	Barre Toning	Hailey	MP1
2:45-3:30pm	Pedal Party	Madi	MP2
Sunday			
6:00-6:45pm	Cycle Fit	Morgan	MP2
7:00pm – 8:00pm	Yoga	Sulia	MP2