



Group Exercise Schedule 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						<u>9AM</u> Vinyasa Yoga Jade Alexis! Yoga Studio	
		<u>7:15PM</u> Vinyasa Yoga Jade Alexis! Movement Studio				<u>9AM</u> Spinning Taryn! Spin Studio	<u>10AM</u> Zumba Evelien! Movement Studio
		<u>8:15PM</u> Zumba Evelien! Movement Studio		<u>7PM</u> Vinyasa Yoga Cecilia! Yoga Studio		<u>10AM</u> Slow Flow Yoga Jade Alexis! Yoga Studio	
7:00 PM	BollyX Henna! Movement Studio	<u>8:30-9PM</u> Slow Flow Yoga Jade Alexis! Yoga Studio	Bootcamp Taryn! Movement Studio	<u>8PM</u> BollyX Henna! Movement Studio	Hatha Yoga Meena! Yoga Studio		
8:00 PM	Pilates Evelien! Yoga Studio	Spinning Taryn! Spin Studio	Chakra Meditation Deborah! Yoga Studio	Spinning Taryn! Spin Studio			

CLASSES ARE FOR MEMBERS ONLY