

group fitness

	sun	mon	tues	wed	thurs	fri	sat		
6:45 am		Yoga Flow Sarah-Michelle Beacon ● 60 min	Body Pump Sarah-Michelle MP 3/4 ● 60 min	Yoga Flow Sarah-Michelle Beacon ● 60 min	Rhythm Cycle Carly M Cycle Studio ● 60 min	Body Pump Sarah L MP 3/4 ● 60 min	Body Pump Sarah-Michelle MP 3/4 ● 60 min		
8:00 am		Meditation Sarah-Michelle Beacon ● 30 min	Yoga Flow Sarah-Michelle Beacon ● 60 min	Meditation Sarah-Michelle Beacon ● 30 min	HIIT Bailey C MP 3/4 ● 60 min	Yoga Flow Sarah-Michelle Beacon ● 60 min			
10:0 Oam			Power Cycle Jenna V Cycle Studio ● 45 min		Power Cycle Jenna V Cycle Studio ● 45 min	Rhythm Cycle Maeve A Cycle Studio ● 45 min	Power Cycle Connor D Cycle Studio ● 45 min		
11:00 am				Yoga Flow Josie M MP6 ● 60 min					
12:00 pm	Rhythm Cycle Shannon Cycle Studio ● 45 min	Body Pump Efi M MP 3/4 ● 60 min		Strength & Flexibility Alena F MP 3/4 ● 45 min	Restorative Yoga Aiden L Beacon ● 60 min	Rhythm Cycle Halle F Cycle Studio ● 45 min			
1:15 pm		Power Cycle Izzy G Cycle Studio ● 45 min				HIIT Sydney R MP 3/4 ● 60 min			
4:00 pm		Body Combat Anahita E MP 3/4 ● 60 min	Power Cycle Jenna K Cycle Studio ● 45 min	Rhythm Cycle Bri A Cycle Studio ● 45 min	Rhythm Cycle Ben K Cycle Studio ● 45 min	HIIT Aarohi S MP 3/4 ● 60 min	Body Combat Anahita E MP 3/4 ● 60 min		
5:15 pm		Body Pump Maria S MP 3/4 ● 60 min	Power Cycle Camden P Cycle Studio ● 45 min	Restorative Yoga Aiden L Beacon ● 60 min	Body Pump Efi M MP 3/4 ● 60 min	Power Cycle Shannon L Cycle Studio ● 45 min	Zumba Maria S MP 3/4 ● 30 min	Rhythm Cycle Bri A Cycle Studio ● 45 min	Rhythm Cycle Maeve A Cycle Studio ● 45 min
6:30 pm		Rhythm Cycle Rachel F Cycle Studio ● 45 min	Pilates Jin K Beacon ● 45 min	Rhythm Cycle Emma R Cycle Studio ● 45 min	Cardio Dance Jerica G MP 3/4 ● 60 min	Rhythm Cycle Rachel F Cycle Studio ● 45 min	Barre Sydney R MP 3/4 ● 60 min	Cardio Dance Efi M MP 3/4 ● 60 min	Pilates Jin K Beacon ● 45 min
7:30 pm		HIIT Sydney R MP 3/4 ● 60 min							