

# GROUP FITNESS SCHEDULE

## STUDIO

## CYCLE

## VIRTUAL

MON

**6-6:50am** Kettlebell/TRX Perfect Pair  
**7-8am** Total Fitness  
**9-10am** Barre  
**9-10:20am** Therapeutic Yoga Flow  
**9:30-10:30am** NEW! Performance Training  
**12-1pm** Vinyasa All Levels  
**6:30-7:20pm** Pilates Beginner Mat Focus

**9:30-10:15am** Science-n-Soul Cycle  
  
**6-7pm** Cycle TRX Combo

**7-8am** Total Fitness  
**9-10:20am** Therapeutic Flow  
**12-1pm** Abs, Arms, and Assets  
  
**4-4 :45pm** Pilates Mat  
**7 :30-8 :45pm** Yin Nidra

TUES

**6-7am** Kettlebell  
**9-10 am** Slow Inner Flow Yoga  
**9-9:50am** Core+  
**10:30-11:15pm** TRX Bodyweight Training  
**12-1pm** Barre  
**5-6pm** Circuit Training  
**6-7pm** Yin Yang Yoga

**6:30-7:15am** Science-n-Soul Cycle  
**9-9:45am** Science-n-Soul Cycle

**9-10am** Slow Inner Flow Yoga  
  
**12-1pm** Barre

WED

**7-8am** F.I.R.E.  
**9-10am** Pilates Mat  
**9-10am** Vinyasa All Levels  
**12-1pm** Yin Yoga  
**12-1pm** Kettlebell  
**5:30-6:20pm** Kettlebell  
**6-7pm** Barre  
**6-6:50 pm** Pilates Beginner Mat Focus

**9-10am** Cycle Core Combo

**7-8am** F.I.R.E.  
**9-10am** Pilates Mat  
**12-1pm** Yin Yoga  
  
**6-7pm** Barre

THURS

**9-9:50am** Fall Prevention Tools for Life  
**9:30-10:20am** Cardio Core Balance  
**12-1pm** Barre  
**12-1pm** Vinyasa All Levels  
**6:30-8pm** Y12SR Yoga 12 Step Recovery

**6:30-7:15am** Science-n-Soul Cycle  
**8-8:45am** Cycle Fit Combo

**7-8am** Rise-n-Flow Yoga  
**9:30-10:20am** Cardio Core-dination Balance  
**12-1pm** Barre  
  
**4:30-5:30pm** Power Flow Yoga

FRI

**7-8am** Total Fitness  
**8-8:50am** TRX Interval  
**8:30-9:15am** Pilates Mat  
**9:30-10:30am** Abs, Arms & Assets  
**9-9:50am** TRX/Bodyweight Training  
**9:30-10:30am** Vinyasa All Levels  
**12-1pm** Slow Inner Flow Yoga  
**12-1pm** Barre Yoga Flow

**6-6:45am** Science-n-Soul Cycle

**7-8am** Total Fitness  
**8:30-9:15am** Pilates Mat  
**12-1pm** Barre Yoga Flow

SAT

**8-9am** Vinyasa All Levels  
**9-10am** Kettlebell  
**9:30-10:30am** Barre  
**9:30-10:30am** Vinyasa All Levels

**8-8:45am** Science-n-Soul Cycle  
**9:15-10am** Science-n-Soul Cycle

**9-10am** Total Fitness Fusion  
**9:30-10:30am** Barre

SUN

**9-10am** Barre  
**10-10:50am** Total Fitness  
**11am-12pm** Yin Yoga

**8-8:40am** Science-n-Soul Cycle  
**9-9:45am** Science-n-Soul Cycle

**9-10am** Barre  
**11-12pm** Yin

January 2022

## CLUB HOURS OF OPERATION

Mon-Fri: 5:30am-8:30pm  
 Sat-Sun: 7:00am-3:00pm

## KIDS CLUB HOURS

Mon-Fri: 8:30am-1:00pm  
 Sat: 8:30am-11:00am