



Group Fitness & Specialty Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 a.m.	PowerRide (45min) (S2)	UrbanKick (45 min) (S2)	PowerRide (45min) (S2))	UrbanKick (45min) (S2)			
6:15 a. m.		TRX (45min) (S2)		TRX (45min) (S2)			
7:15 a. m.	Yoga (1Hr) (S1)				Yoga (1Hr) (S1)		
9:00 a.m.		Yoga Fitness (50 Min) (S1)		Yoga Fitness (50 Min) (S1)		TRX (45 min) (S2)	
12:00 p.m.				BARRE (45min) (S1)			
4:30 p.m.	Aqua Zumba (1Hr) ATP		Aqua Zumba (1Hr) ATP Boga Yoga (1Hr) (CP)				
5:00 p.m.		Tumbling (90 min) (GYM)		Tumbling (90 min) (GYM)			
5:30 p.m.	BARRE (45min) (S1) PowerRide (45min) (S2)	Hop It Up (50 min) (S1) Kettlebells (45min) (S2)	PowerRide (45min) (S2)	Hop It Up (50 min) (S1) Kettlebells (45min) (S2)			
6:30 p. m.	Zumba (45 min) (S1)		Zumba (45 min) (S1)				

Key
Studio 1 (S1)
Studio 2 (S2)
Basketball area (GYM)
Therapy Pool (ATP)
Competition Pool (CP)
Aqua Zumba-Kim Smith
Barre-Michelle Kirkpatrick
Boot Camp-Brittany Boyd
Hop It Up-Lindsey Chism McCarter
Kettlebells-August Fons
PowerRide-Elsie Wright, Elena Ray
Zumba- Claudia Castillo
TRX-Armando Ramos
Tumbling-Richelle Garcia
UrbanKick- Elena Ray
Yoga Fitness, Boga Yoga-Debbie Tippy
Yoga-Bridgette Stout