

Fall 2019 Group Fitness Weekly Schedule

UPDATED 7/29/19

All classes are 60 minutes in length, unless otherwise indicated by a number listed on the schedule after the class name.

TIME	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 AM	Studio B		HIIT Saumya		HIIT Erica			
6:45 AM	Cycling Studio			Spin and Stretch (75) Julianne				
7:00 AM	Cycling Studio	Spin (45) Jamiah			Spin (45) Anna			
7:15 AM	Studio A			50/50 Leah				
7:15 AM	Mind Body Studio				All Levels Yoga Caroline O.			
7:30 AM	Cycling Studio		Spin Julianne			Spin Emily H.		
9:00 AM	Cycling Studio						Spin Rotation	
9:00 AM	Mind Body Studio			Yoga Flow Caroline O.				
10:15 AM	Mind Body Studio						Yoga Flow Emma	
11:30 AM	Cycling Studio					Spin and Strength (75) Anna		
11:45 AM	Mind Body Studio			Pilates Nancy				
11:45 AM	Cycling Studio	Spin (45) Lexi			Spin (45) Lexi			
11:45 AM	Studio B		50/50 Kelsey					
12:00 PM	Studio B				Strength Training (30) Dom			
12:00 PM	Mind Body Studio					Power Yoga Caroline O.		
12:15 PM	Studio A	HIIT (30) Nancy		Dance Fit Liv				
1:30 PM	Cycling Studio					Spin Caroline S.		
2:00 PM	Cycling Studio		Spin (45) Lexi					
2:15 PM	Studio A		50/50 Alyssa			Dance Fit Zoe		
2:45 PM	Cycling Studio					Spin Meg		
3:00 PM	Cycling Studio	Spin Emily R.		Spin and Core (75) Jamiah				
3:15 PM	Studio B					50/50 Hannah A.		
3:15 PM	Studio A			Kickboxing Kelly				
3:30 PM	Studio A				HIIT Emily B.	Strength Training Savanna		
3:30 PM	Studio B		Kickboxing Emily B.					
3:30 PM	Cycling Studio				Spin Emily Z.			Spin Caity
3:45 PM	Studio B	Strength Training Olivia						
4:00 PM	Mind Body Studio				Pilates Julianne	Barre Courtney		
4:00 PM	Studio B							Strength Training Olivia
4:00 PM	Studio A	50/50 Hannah J.	Strength Training Caroline P.					
4:15 PM	Cycling Studio	Spin Kelly	Spin Kathleen	Spin (45) Lauren		Spin (45) Angel		
4:30 PM	Studio B			50/50 Sarina	50/50 Savanna			
4:30 PM	Mind Body Studio	Yoga Flow Lily						
4:45 PM	Studio A			HIIT Meg				
5:00 PM	Studio A							Dance Fit Kate
5:00 PM	Mind Body Studio		Barre Courtney					
5:00 PM	Cycling Studio				Spin Kelly			Spin Rachel
5:15 PM	Cycling Studio			Spin Emily R.				
5:15 PM	Studio A				Dance Fit Leah			
5:30 PM	Mind Body Studio			Pilates Emily H.	Power Yoga Lily			
5:30 PM	Studio A	Core (30) Sarina	HIIT Julia H.					
5:30 PM	Cycling Studio		Spin Caroline S.					
5:45 PM	Studio B		Dance Fit Gabby	Strength Training Saumya				
5:45 PM	Mind Body Studio	Pilates Meg						
6:00 PM	Studio A			Step Molly				
6:00 PM	Studio B				Kickboxing Emily H.			
6:15 PM	Studio A	50/50 Sarina						
6:15 PM	Mind Body Studio		Yoga Flow Emma					
6:30 PM	Cycling Studio	Spin Kelsey		Spin Caity	Spin Rachel			
6:30 PM	Studio A				Strength Training Serena			
6:45 PM	Studio A		Strength Training Hannah A.					
7:00 PM	Mind Body Studio	Barre Emily B.		Barre Julia A.	Gentle Yoga Sarah			
7:00 PM	Cycling Studio		Spin Sydney					
7:00 PM	Studio B	Dance Fit Julia A.		Dance Fit Courtney				
7:15 PM	Studio B				Dance Fit Sara			
7:45 PM	Cycling Studio	Spin (45) Angel		Spin (45) Emily Z.				
8:00 PM	Studio A	HIIT Erica	Dance Fit Sara					

Format Key

Strength	Cardio
Cycling	Mind/Body