

03+011April 6 - April 12 Group Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 - 0730		Power Cycle - Judy				
0700-0800	HIIT - Judy					
0745-0915	* GRT Strength & Conditioning	* GRT Strength & Conditioning		* GRT Strength & Conditioning	* GRT Strength & Conditioning	
0900-1000	Weighted Yoga Sculpt - Anna	Cardio Strength - Karen	Weighted Yoga Sculpt - Anna	Cardio Strength - Karen		
1000-1100	Yoga - Anna	Pilates - Karen	Yoga - Anna	Core & Glutes - Karen		Yoga - Anna
1130-1215		Deep Stretch - Kate		Cardio Dance - Kate		
1130-1230						
1215-1315		HIIT - Kate		Pilates - Kate		
1245-1315						
1600-1700		Yoga - Anna		Yoga - Anna		

* Military Only