



GROUP X STUDIO SCHEDULE

Monday-Friday 5AM-10PM Saturday and Sunday 7AM-5PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM	BodySculpt w/ Tanya (60M)		BodySculpt w/ Jennifer (60M)				
8:15AM						BodyCombat w/ Tashira / Nadia (45M)	
9:00AM		BodyPump w/ Kathleen Z (60M)	Core w/ Jennifer (30M)	BodyPump w/ Kathleen (60M)	Core w/ Kathleen Z (30M)		BodyPump w/ Instructor (60M)
9:30AM			BodyCombat w/ Jennifer (30M)				
10:15AM	ZUMBA w/ Vivian (60M)		ZUMBA w/ Joan (60M)	ZUMBA w/ Lisa (60M)	ZUMBA w/ Joan (60M)	BodyBalance w/ Nicole (60M)	ZUMBA w/ Lisa (60M)
11:20AM	Silver Sneakers Circuit w/ Tanya (60M)		Silver Sneakers Yoga w/ Kathy F (60M)		Silver Snks Circuit w/ Michelle (60M)		
4:30PM	Barre w/ Susan (60M)	BodyBalance w/ Nicole (60M)		Barre w/ Susan (60M)			
5:30PM			BodyPump w/ Kristina (60M)	BodyCombat w/ Tashira (60M)			
5:40PM	BodyPump w/ Candi / Tashira (60M)	BodySculpt w/ Tanya (60M)			BodyPump w/ Tashira (60M)		
6:40PM		ZUMBA w/ Vivian (60M)	ZUMBA w/ Lisa (60M)				

Revised 12/14/25 NDK



SPIN STUDIO SCHEDULE

Monday-Friday 5AM-10PM Saturday and Sunday 7AM-5PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM							
8:00AM		Spin w/ Kelli (45M)	Spin w/ Kathleen Z (45M)	Spin w/ Michelle (45M)	Spin w/ Kathleen Z (45M)		
9:00AM	Spin w/ Tanya (45M)					Spin w/ Tiffany (45M)	Spin w/ Tanya (45M)
4:30PM	Spin w/ Michelle (45M)	Spin w/ Tanya (45M)	Spin w/ Tanya (45M)				
5:40PM				Spin w/ Susan (45M)			
6:40PM							

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