



### GROUP X STUDIO SCHEDULE

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

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

Revised 3/16/26 NDK



### SPIN STUDIO SCHEDULE

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

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

Revised 3/16/25NDK