

# GROUP FITNESS SCHEDULE

## MAIN CAMPUS

	Monday			Tuesday		Wednesday		Thursday		Friday	
11:00 - 11:30	HIIT Amanda			TRX McKenna	Tai Chi Chock	TRX McKenna	Tabata Pati	TRX McKenna		TRX McKenna	Tai Chi Chock
11:30 - 12:00	HIIT Amanda				Tai Chi Chock						
12:00 - 12:30	TRX Julie	Sets & Reps Joni	Yoga Amber	TRX McKenna	Cardio Kickboxing Julie	TRX Julie	Sets & Reps Rhonda	TRX McKenna	Cardio Kickboxing Julie	TRX Julie	
12:30 - 1:00		Stretching Joni									
1:00 - 1:30				CrossTrain X Julie		TRX/HII Julie	Stretching Rhonda	CrossTrain X Julie		TRX/HIIT Julie	
1:30 - 2:00	TRX Julie	Zumba Rhonda	Yoga Amber			TRX Julie				TRX Julie	
2:00 - 2:30											
2:30 - 3:00											
5:15 - 5:30	Belly Dance Aperi			TRX McKenna				TRX McKenna			
5:30 - 6:15					Yoga Amber						
6:15 - 6:30	Belly Dance Aperi										
6:30 - 7:15											
7:15 - 7:30								Self-Defense/ TaeKwonDo Brian			

Pre-registration not required! Drop ins welcome! The group fitness class schedule is subject to change. Please check back for updated scheduled at the beginning of each month or like us on facebook to receive up-to-date information.