

# FITNESS SCHEDULE

MON TUE WED THU FRI SAT/SUN

6:05 - 6:55 AM BOOTCAMP ANDREW c	6:05 - 6:55 AM THE YOGA CLUB MARK c	6:05 - 6:55 AM BOOTCAMP ANDREW c	6:05 - 6:55 AM THE YOGA CLUB MARK c	6:05 - 6:55 AM BOOTCAMP CHRIS c	10:30-12:00 PM THE YOGA EXPERIENCE PHIL s
7:00 - 7:45 AM CYCLING ELIZABETH s	7:00 - 7:45 AM CARDIO BOXING LJ s	7:00 - 7:45 AM CORE RELATION RAVEN c	7:00 - 7:45 AM CARDIO BOXING LJ s	7:00 - 7:45 AM CYCLING ELIZABETH s	
7:00 - 7:55 AM YOGA MEGAN c		7:00 - 7:55 AM THE YOGA EXPERIENCE MARK s		7:00 - 7:55 AM YOGA MARK c	
7:45 - 8:30 AM PILATES FIONA s				7:45 - 8:30 AM PILATES MONICA s	
	8:00 - 8:45 AM CYCLING NATALIA s	8:00 - 8:45 AM CYCLING TORELLO s	8:00 - 8:45 AM CYCLING TBD s		
		10:00 - 10:45 AM CYCLING TORELLO s			
11:00 - 11:55 AM CARDIO BOXING RICKY s	11:00 - 11:55 AM HIIT MIX TALISA c	11:00 - 11:55 AM CARDIO SCULPT TALISA s	11:00 - 11:55 AM HIIT MIX TALISA c	11:00 - 11:55 AM CARDIO SCULPT TALISA c	
11:00 - 11:55 AM BARRE-FIT DION c	11:00 - 11:55 AM PILATES CHAIR FUSION BETH s		11:00 - 11:55 AM PILATES CHAIR FUSION GAIL s	11:00 - 11:55 AM BARRE-FIT DION s	
12:00 - 1:00 PM CARDIO SCULPT LJ s	12:00 - 1:00 PM PILATES BETH s	12:00 - 1:00 PM ZUMBA DOMENICA s	12:00 - 1:00 PM PILATES BETH s	12:00 - 1:00 PM PILATES CHAIR FUSION BETH s	
	12:00 - 1:00 PM GET RIPPED LJ c	12-12:45 PM CIRCUIT CLASS TALISA e			

<b>15 minutes</b> 1:00 - 1:15 PM EXPRESS ABS LJ e	<b>15 minutes</b> 1:00 - 1:15 PM DEFINITION EXPRESS PAT e	<b>15 minutes</b> 1:00 - 1:15 PM EXPRESS ABS TALISA e	<b>15 minutes</b> 1:00 - 1:15 PM DEFINITION EXPRESS PAT e	<b>15 minutes</b> 1:00 - 1:15 PM EXPRESS ABS NATALIA e
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1:10 - 2:10 PM MAC YOGA BETH s	1:10 - 2:10 PM MAC YOGA BETH c	1:10 - 2:10 PM MAC YOGA BETH s	1:10 - 2:10 PM MAC YOGA BETH c	1:10 - 2:10 PM MAC YOGA BETH s
1:15 - 2:00 PM TRX PAT c	1:15 - 2:00 PM CYCLING 'N' BOOTCAMP PAT s	1:15 - 2:00 PM HIIT MIX TALISA c	1:15 - 2:00 PM CYCLING 'N' BOOTCAMP PAT s	1:15 - 2:00 PM TRX NATALIA c

<b>30 minutes</b> 2:15 - 2:45 PM CIRCUIT EXPRESS KIT s	<b>30 minutes</b> 2:15 - 2:45 PM CARDIO EXPRESS PAT s	<b>30 minutes</b> 2:15 - 2:45 PM SUPER SCULPT NATALIA s	<b>30 minutes</b> 2:15 - 2:45 PM CARDIO EXPRESS PAT s	<b>30 minutes</b> 2:15 - 2:45 PM CIRCUIT EXPRESS KIT s
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5:00 - 5:55 PM VINYASA FLOW CRYSTAL s	5:00 - 5:55 PM CYCLING TORELLO s	5:00 - 5:55 PM PILATES CJ s	5:00 - 5:55 PM CYCLING TBD s	5:30 - 6:30 PM VINYASA FLOW CRYSTAL s
	<b>30 minutes</b> 5:30 - 6:00 PM CIRCUIT EXPRESS LJ e		<b>30 minutes</b> 5:30 - 6:00 PM CIRCUIT EXPRESS LJ e	

6:00 - 6:55 PM CARDIO SCULPT SHU-FY s	6:00 - 6:55 PM BOXING RICKY s	6:00 - 6:55 PM CARDIO SCULPT NATALIA s	6:00 - 6:55 PM BOXING RICKY s
7:00 - 8:00 PM BARRE-FIT DION s	7:05 - 8:00 PM TOTAL BODY CONDITIONING LJ s		7:05 - 8:00 PM TOTAL BODY CONDITIONING KIT s
7:00 - 8:30 PM TAE KWON DO c	7:00 - 8:30 PM TAE KWON DO c		7:00 - 8:30 PM TAE KWON DO c

## PICK-UP BASKETBALL GAMES

<b>Monday</b> 8am-9am 12noon-1:05pm 4:45pm-6:55pm	<b>Tuesday</b> 7am-9am 2:30pm-3:45pm 4:45pm-6:55pm	<b>Wednesday</b> 8am-9am 12noon-1:05pm 4:45pm-6:55pm
<b>Thursday</b> 8am-9am 12noon-1:05pm 4:45pm-6:55pm	<b>Friday</b> 8am-9am 12noon-1:05pm 4:45pm-8:00pm	<b>Sunday</b> 10am-12:30pm

c BASKETBALL COURT e MAC EXPRESS OPEN AREA s STUDIO