

Monthly Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
8	9	10	11	12
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
15	16	17	18	19
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)
22	23	24	25	26
0630-0730 HIIT (Judy) 1000-1100 Body Conditioning (Sandra) 1100-1200 Yoga Stretch (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Deep Stretch (Kate) 1215-1300 HIIT (Kate)	1130-1230 Power Cycle (Sandra)	0630-0730 Power Cycle (Judy) 1130-1215 Cardio Dance (Kate) 1215-1315 Pilates (Kate) 1630-1730 Pop Dance (Jena)	0630-0730 HIIT (Judy) 1100-1200 Yoga Flow (Sandra)