

03+000 July 13 to July 19 Group Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 - 0730		Power Cycle - Judy		Power Cycle - Judy		
0700-0800	HIIT - Judy				HIIT - Judy	
0745-0915	* GRT Strength & Conditioning	* GRT Strength & Conditioning		* GRT Strength & Conditioning	* GRT Strength & Conditioning	
0900-1000		Cardio Strength - Karen		Cardio Strength - Karen		
1000-1100		Pilates - Karen		Core & Glutes - Karen		
1100 - 1200						
1130-1215		Deep Stretch - Kate	Power Cycle - Judy	Cardio Dance - Kate		
1130-1230						
1215-1315		HIIT - Kate		Pilates - Kate		
1245-1315						
1530-1630			Vinyasa Yoga - Jessica			
1630-1730			Power Yoga - Jessica			

* Military Only