

03+003June 15 to June 21 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		Cardio Dance - Kate		
1130-1230			Power Cycle - Judy			
1215-1315		HIIT - Kate		Pilates - Kate		
1245-1315						
1600-1700						

* Military Only

FF0000Revised Schedule