

03+006May 11 - May 17 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   | Weighted Sculpt - Anna        | Cardio Strength - Karen       | Weighted Sculpt - Anna | Cardio Strength - Karen       |                               |             |
| 1000-1100   | Yoga - Anna                   | Pilates - Karen               | Yoga - Anna            | Core & Glutes - Karen         |                               | Yoga - Anna |
| 1130-1215   |                               | Deep Stretch - Kate           |                        |                               |                               |             |
| 1130-1230   |                               |                               | Power Cycle - Judy     |                               |                               |             |
| 1215-1315   |                               | HIIT - Kate                   |                        |                               |                               |             |
| 1245-1315   |                               |                               |                        |                               |                               |             |
| 1600-1700   |                               | Yoga - Anna                   |                        | Yoga - Anna                   |                               |             |

\* Military Only

FF0000Revised Schedule