



GROUP EXERCISE SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday
0630 - 0730	HIIT Judy	Power Cycle Judy		Power Cycle Judy	HIIT Judy
0700-0800					
0745-0915					
0900-1000					
1000-1100	Body Conditioning Sandra				
1100 - 1200	Yoga Stretch Sandra				Yoga Flow Sandra
1130-1215					
1130-1230			Power Cycle Sandra		

*SCHEDULE SUBJECT TO CHANGE

