

Spring 2022 Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:00A	Cycle with Julia	Studio Pilates with Cat	Yoga in Studio 5 with Maddie	Total Body HIIT in Studio 5 with Seabrook		
10:00A	GLUTES in Studio 5 with Justine		Core and More in Studio 5 with Cat	Yoga with Ethan in Studio 5	Total Body HIIT in Studio 6 with Justine	
12:30P					Booty Bootcamp in Studio 5 with Lissy	GLUTES in Studio 5 with Katie
1:30P					Yoga in Studio 5 with Caitlin	Cycle with Katherine
4:15P	Barre in Studio 5 with Maddie	Total Body HIIT in Studio 5 with Seabrook	Arms + Intervals with Justine			
	Water Aerobics with Madeline			Water Aerobics with Madeline		
5:30P	PUMP in Studio 5 with Ethan	Mat Pilates in Studio 5 with Lissy	Total Body HIIT in Studio 5 with Ethan	Studio Pilates with Katie		
		PUMP in Studio 6 with Julia	PUMP in Studio 6 with Lissy	Kickboxing in Studio 6 with Julia (5:45 start time)		
6:45P	Yoga in Studio 5 with Caitlin	Cardio Barre in Studio 5 with Katie	Mat Pilates in Studio 5 with Caitlin	PUMP in Studio 6 with Katherine		