

SUMMER 2024 GROUP FITNESS SCHEDULE

JULY 1st - JULY 26th



STUDIO 1

STUDIO 2

STUDIO 3

PERFORMANCE ZONES



MONDAY



6:30-7:30 am
VINYASA
YOGA FLOW

PEYTON



7:15-8:00 am
JUMP START

MADY



5:30-6:30 pm
ZUMBA

PRESHOUS



6:00-6:45 pm
CYCLE 45

ALLY



6:00-6:45 pm
BARRE
STRENGTH

MADY



7:00-8:00 pm
INTERMEDIATE
YOGA

ALEXIS

TUESDAY



5:00-6:00 pm
GENTLE
YOGA

ALEXIS



6:00-6:45 pm
CARDIO
HIP-HOP

ABBIE



6:00- 7:00 pm
BOOTCAMP
ZONES 4 & 5

ALLY



6:45-7:30 pm
BARRE

MADY

WEDNESDAY



7:15-8:00 am
JUMP START

MADY



5:30-6:30 pm
ZUMBA

PRESHOUS



6:00-6:45 pm
CYCLE 45

ALLY



7:00-8:00 pm
INTERMEDIATE
YOGA

ALEXIS

THURSDAY



6:30-7:30 am
VINYASA
YOGA FLOW

PEYTON



5:00-6:00 pm
SLOW VINYASA
YOGA

JENNY



5:30-6:30 pm
ZUMBA

ALEXIS



6:00- 7:00 pm
BOOTCAMP
ZONES 4 & 5

ALLY