

# GROUP EX SCHEDULE



## SATURDAY, MARCH 23<sup>rd</sup>

7:00AM: STUDIO CYCLE  
7:30AM: YOGA I/II  
8:00AM: SPAR FIT  
8:00AM: Barre/Burn  
8:30AM: STUDIO CYCLE  
8:30AM: WATERWORKS  
8:30AM: PILATES MAT FUSION  
9:00AM: SUPER SCULPT  
9:30AM: YOGA I/ II  
10:00AM: ZUMBA  
10:00AM: STUDIO CYCLE  
10:00AM: YOGA I/II (75min)  
11:00AM BARBELL RIP

## SUNDAY, MARCH 24<sup>TH</sup>

7:15AM: STUDIO CYCLE  
8:30AM STUDIO CYCLE  
9:30AM YOGA 1/11  
9:30AM AB CLASS  
9:45 AM INTERVAL EXPRESS  
10:30AM ZUMBA  
2:15 PM RESTORATIVE YOGA

## MONDAY, MARCH 25<sup>TH</sup>

5:30AM: STUDIO CYCLE  
8:00AM: STUDIO CYCLE  
8:30AM: SUPER SCULPT  
9:00AM: AQUA ZUMBA  
9:15AM: KETTLEBELL  
9:30AM: TURBO KICK  
9:30AM: POWER YOGA  
9:30AM STUDIO CYCLE  
10:30AM: PILATES PLUS  
11:45AM: BALANCED BODY  
12:45PM: WATERWORKS  
1:00PM: YOGA I/II  
1:00PM STUDIO CYCLE  
4:30:PM WERQ/WEIGHTS  
5:30PM: EXPRESS TRAIN  
5:30PM: PILATES  
6:30PM BARBELL RIP  
6:30PM: YOGA I/II  
6:30PM: STUDIO CYCLE

## TUESDAY, MARCH 26<sup>TH</sup>

5:30AM: CORE SYNERGY  
5:30AM: STUDIO CYCLE  
6:00AM: YOGA  
6:00AM: INTERVAL EXPRES  
8:30AM: ZUMBA  
8:30AM: BOOT CAMP  
9:00AM: WATERWORKS  
9:30AM: YOGA 11  
9:30AM: STRENGTH/CORE  
9:30AM: PILATES FORMULA  
9:30AM: STUDIO CYCLE  
10:30AM: STRENGTHEN/STRETCH  
1:00PM: YOGA 1/II  
4:30PM: SUPER SCULPT  
5:30PM: ZUMBA  
5:30PM: PILATES MAT FUSION  
5:30PM: WATERWORKS  
6:30PM: POWER VINAYASA  
6:30PM: BOOT CAMP  
6:30PM: STUDIO CYCLE  
7:30PM: RESTORATIVE YOGA

# GROUP EX SCHEDULE

## WEDNESDAY, MARCH 27<sup>th</sup>

5:30AM: EXPRESS TRAIN  
5:30AM: STUDIO CYCLE  
8:00AM: SPIN EXPRESS(30min)  
8:30AM: BARRE/BURN  
8:30AM: CORE FLOW  
9:30AM ZUMBA  
9:30AM SPAR FIT  
9:30AM: STUDIO CYCLE  
9:30AM : YOGA SCULPT  
10:30AM: OASIS PILATES  
10:30AM: YOGA FLOW  
4:30PM : SPAR FIT  
5:30PM: STUDIO CYCLE  
6:30PM: ZUMBA  
6:30PM : YOGA FLOW



## THURSDAY, MARCH 28<sup>th</sup>

5:30AM: CORE SYNERGY  
6:00AM: SUPER SCULPT  
6:00AM: STUDIO CYCLE  
7:00AM: POWER VINYASA  
8:00AM: STUDIO CYCLE  
8:30AM: POWER/INTERVALS  
8:30AM ZUMBA  
8:30AM: YOGA I/II  
9:00AM: WATERWORKS  
9:30AM: SUPER SCULPT  
9:30AM: PILATES MAT FUSION  
9:30AM: STUDIO CYCLE  
10:30AM: SUPER SCULPT  
10:30AM: OASIS/YOGA I  
12:45PM AQUA ZUMBA  
100:PM MINDFUL YOGA  
4:30PM:YOGA FLOW  
5:30PM:PILATES MAT FUSION  
5:30PM:WATERWORKS  
6:30PM:SUPER SCULPT  
6:30PM ZUMBA  
6:30PM:STUDIO CYCLE  
7:30PM:RESTORATIVE

## FRIDAY, MARCH 29

5:30AM: STUDIO CYCLE  
6:00AM: STRENGTH YOGA  
8:30AM: BARRE BURN  
8:30AM: SUPER SCULPT  
9:00AM: WATERWORKS  
9:30AM: STUDIO CYCLE  
9:30AM: ZUMBA  
9:30AM: YOGA II  
9:30AM CIRCUIT 4  
10:30AM: OASIS COMPLETE FITNESS  
10:30AM: PILATES I  
11:45AM: BALANCED BODY  
1:00PM :YOGA 1  
5:00 PM: YOGA FLOW

## SATURDAY, MARCH 30<sup>th</sup> REGULAR SCHEDULE

*All classes in therapy pool are canceled due to Spring Break Camp Quest. All other classes not listed are cancelled for this week only.*