

Memorial Day

Group Exercise Schedule
Monday, May 29, 2017

	Class	Instructor	Location
7:30 AM	Spin	Karolina	Studio B
8:30 AM	BODYPUMP	Karolina	Studio B
8:30 AM	Flow Yoga	Robin	Studio A
9:30 AM	Circuit Training	Justin	Studio B
9:30 AM	Morning Stretch & Strength	Stacy	Studio A
9:30 AM	Pilates	Stella	Studio C
10:30 AM	Sculpt with Ball	Stacy	Studio B
10:30 AM	Zumba (90 min)	Andrea	Studio C
12:00 PM	Balance & Stretch	Luci	Studio B

