

Memorial Day

Group Exercise Schedule
Monday, May 27, 2019

	Class	Instructor	Location
7:15 AM	SPRINT	Vicky	Studio B
8:00 AM	BODYPUMP	Vicky	Studio B
8:15 AM	Flow Yoga	Robin	Studio A
9:30 AM	Circuit Training	Neal	Studio B
9:30 AM	BODYCOMBAT	Sae	Studio C
10:30 AM	Sculpt with Ball	Carole	Studio B
10:30 AM	Flow Yoga	Cynthia	Studio C
11:30 AM	Tai Chi (\$)	Jeff	Studio A
11:30 AM	Balance & Stretch	Carole	Studio B
11:30 AM	Zumba Toning	Andres	Studio C
1:00 PM	Aqua Flex & Stretch	Stella	Indoor Pool

