

GROUP FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Jose Circuit Fusion 6:00am DJ Group Cycle		6:00am Jose Circuit Fusion 6:00am Suzie Group Cycle		6:00am Jose Circuit Fusion 6:00am DJ Group Cycle	8:30am Jose Boot Camp	
8:30am Suzie Strength Circuit 9:00am Judy Water Aerobics	8:30am Nikki Body Sculpt	6:45am Suzie Core & Weights 9:00am Judy Water Aerobics	8:30am Nikki Body Sculpt	9:00am Barb Water Aerobics	9:00am Judy Water Aerobics	
	9:30am Jose Group Cycle	9:30am Jose Boot Camp	9:30am Lisa Group Cycle	9:30am Carolyn Group Cycle	9:30am Tara Advanced Yoga	
11:00am Beth Juniors FITT	9:30am Lisa Yoga		10:30am Lisa Yoga	9:30am Jose Body Sculpt	9:30am Jose Group Cycle	
	12:00pm Jose Legs, Arms, & Abs	12:00pm Marcy Mat Pilates	12:00pm Jose Legs, Arms, & Abs	10:30am Sharona Zumba		11:00am Bryan Group Cycle
		3:30pm Marcy Mom/Daughter Pilates				
	5:30pm Judy Water Aerobics		5:30pm Barb Water Aerobics			4:00pm Nikki Yoga
	5:30pm Marcy Mat Pilates		5:30pm Marcy Mat Pilates			
6:00pm Lisa Group Cycle	6:30pm Mindy Body Blast	6:30pm Bryan Group Cycle	6:30pm Mindy Body Blast			
7:00pm Constance Yoga for Sports		7:00pm Constance Yoga				

COLOR KEY
Group Cycling
Group Fitness
Water Aerobics

* We reserve the right to make changes to the schedule based on guidelines set by athletic department*