Group Exercise Schedule Fall 2021

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY	
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	HIIT 6-6:30am			Boot Camp 6-6:30am			Yoga 6-7am			HIIT 6-6:30am			Yoga 6-7am	
	6-6:30am			6-6:3Uam	-		(60 mins)			6-6:30am	-		6-7am (60 mins)	
							(oo mins)						(oo miiis)	
Tiny Fitness	Coulat		Tiny Dance	Strongth 9 Tone		Tiny Fitness	Coulat		Tiny Dance					
(Ages 2-5)	Sculpt 9:30-10:15am		(Ages 2-5)	Strength & Tone 9:30-10:15am		(Ages 2-5)	Sculpt 9:30-10:15am		(Ages 2-5)	Strength & Tone				
9:30-10:15am	(45 mins)		9:30-10:15am	(45 mins)		9:30-10:15am	(45 mins)		9:30-10:15am	10:30-11:15am				
(45 mins)	, ,		(45 mins)	, ,		(45 mins)	, ,		(45 mins)	(45 mins)				
	Basic Fitness			Basic Fitness	+		Basic Fitness	1		Basic Fitness	-			
	11:30-12:30pm			11:30-12:30pm			11:30-12:30pm			11:30-12:30pm				
	(60 mins)			(60 mins)			(60 mins)			(60 mins)				
		-			_			_			_			
											K-Fit			
											(Adults)			
											4-5pm			
														K-Fit
														(Adults) 5-6pm
		K-FIT			K-FIT								l	3- 0 pm
		(Adults)			(Adults)									
		6-7pm			6-7pm									
		K-FIT			K-FIT									
		(Adults)			(Adults) 7-8pm									
	SATURDAY	7-8pm		SUNDAY	7-8pm							1		

	SATURDAY		SUNDAY					
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3			
	Step							
	8:30-9:30am							
	(60 mins)							
		K-Fit						
		(Adults)						
		9:30-10:30am						
				Yoga				
				11:30-12:30pm				
				(60 mins)				





Revised 9/11/2021