EAST GROUP EXERCISE SCHEDULE

GROUP EXERCISE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CORE	CORE	CORE	CORE	CORE		
6:00 AM	BODYPUMP	BODYCOMBAT	Yoga	BODYPUMP	BODYFLOW		
7:45 AM	CORE	CORE	CORE	CORE	CORE	CORE	
8:30 AM	BODYPUMP	ZUMBA	BODYCOMBAT	ZUMBA	BODYCOMBAT	BODYPUMP	
9:30 AM	ZUMBA	tone	BODYPUMP	tone	BODYPUMP	Cardio Step	BODYCOMBAT
10:30 AM	YOGA LUSCIOUS		YOGA LUSCIOUS		BUTI YOGA		BODYFLOW
11:00 AM		SilverSneakers		SilverSneakers			
11:30 AM	CORE		CORE		ZUMBA		CORE
12:00 PM	BODYCOMBAT	BODYFLOW	BODYCOMBAT	BODYPUMP			
12:30 PM					CORE		
1:00 PM	BODYFLOW	CORE	BODYPUMP	CORE	BODYFLOW		Cardio Step
2:00 PM	BORN TO MOVE Youth Program	BODYCOMBAT	BORN TO MOVE Youth Program	BODYCOMBAT	BORN TO MOVE Youth Program		
3:30 PM	BODYPUMP	BODYCOMBAT	CORE	BODYPUMP	BODYFLOW		
4:30 PM	Yoga	BODYPUMP	BUTI YOGA	BODYPUMP	CORE		
5:30 PM	BODYPUMP	BODYCOMBAT	BODYPUMP	Cardio Step	ZUMBA		
6:30 PM	Dance Fit	Yoga	Dance Fit	BODYPUMP	BODYFLOW		
7:30 PM	BODYFLOW	CORE	BODYFLOW	CORE			

Key

Highlighted classes will be recorded for the live stream.

The play button notates a virtual class

SPINNING ZONE

CYCLING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	THE TRIP	Spin Strong	THE TRIP	Spin Strong	THE TRIP		
7:30 AM	THE TRIP		THE TRIP			Cycle	
8:30 AM	THE TRIP	Cycle	THE TRIP	RPM	Cycle		
9:30 AM	Cycle		Cycle		THE TRIP		
12:00 PM	THE TRIP	RPM	THE TRIP	THE TRIP	THE TRIP		
1:00PM							THE TRIP
4:30PM	THE TRIP	THE TRIP	THE TRIP	RPM	THE TRIP	THE TRIP	
5:30 PM	Soul Ride	Spin Strong	THE TRIP	THE TRIP	THE TRIP		
6:30 PM	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP		