



# CLASS SCHEDULE

## GROUP EX STUDIO

**SUNDAY**

**BODYCOMBAT**  
9:00 am

**MONDAY**

**Spin**  
5:15 am

**BODYPUMP**  
9:30 am

**Stretch & Flex  
Express**  
10:30 am

**BODYPUMP**  
4:00 pm

**BODYCOMBAT**  
5:30 pm

**TUESDAY**

**BODYPUMP**  
5:15 am

**Barre**  
9:30 am

**TBC**  
4:00 pm

**BODYATTACK**  
5:00 pm

**WEDNESDAY**

**Spin**  
5:15 am

**TBC**  
8:30 am

**BODYPUMP**  
9:30 am

**Zumba**  
10:30 am

**Yoga**  
5:00 pm

**THURSDAY**

**BODYPUMP**  
5:15 am

**Barre**  
9:30 am

**Abs & Uppers**  
10:30 am

**BODYPUMP**  
5:00 pm

**FRIDAY**

**BODYPUMP**  
9:00 am

**Les Mills Core**  
10:00 am

**BODYCOMBAT**  
5:00 pm

**SATURDAY**

**BODYPUMP**  
8:30 am

**BODYATTACK**  
9:30 am

**Yoga**  
10:30 am