Group Training @ The Club June 06, 2022 - June 12, 2022

		***	NORKOUT ALLE	Y***		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					In Studio A if it rains	In Studio A if it rains
					8:00-9:00am CYCLE	8:30-9:30am CYCLE
					KIM	TIFFANY
						10.7741
			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00am CYCLE LINDA D					
	8:15-9:00am		8:00-9:00am	8:00-9:00am	8:00-9:00am	8:30-9:30am
	ONE MORE REP		STEP	CARDIO & STRENGTH	CYCLE	CYCLE
	TIFFANY		ANN	C.R.	KIM	TIFFANY
	9:30-10:30am	9:15-10:15am	9:05-10:05am	9:15-10:15am	9:30-10:30am	
	Cardio, Core, & Strength	CYCLE CIRCUIT	BODY Conditioning	CYCLE	ZUMBA	
10:30-11:30am	AMY	TIFFANY 10:30-11:30am	ANN	LINDA D	LEXI 11:00am-12:00pm	
ACTIVE AGING		ACTIVE AGING			HATHA YOGA	
ANN		SUZANNE			ANN	
6:00-7:00pm	5:45-6:30pm					
ZUMBA	CYCLING					
ERIN	HILARY		0.45.5.45			
7:15-8:00pm JIMI V's Bootcamp	6:45-7:30pm TOTAL BODY STRENGTH	6:45-7:15pm BEST OF Both Worlds	6:15-7:15pm STRENGTH & SCULPT			
JIMI	KIM	BO BO	KIM			
JIIVII	Klivi	ВО	KIIVI			
	BOXING ROO	M BOO	TCAMP ROOM	PICKLEBA	LL (PB) COURT	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			s required for all boxing of			
6:15-7:00am	6:45-7:30am	6:00-7:00am	6:15-7:00am	6:15-7:00am		
TABATA TRAINING	ULTIMATE Bootcamp	BEST OF Both Worlds	JIMI V's Bootcamp	BATTLE BOXING		
BO 9:30-10:30am	KEVIN	BO 9:30-10:30am	JIMI	ВО	8:00-9:00am	
OTAL Training Bootcamp		TOTAL Training Bootcamp			TOTAL Training Bootcamp	
LINDA U		LINDA U			LINDA U	
7:15-8:00pm	7:15-8:00pm	7:15-7:45pm	6:30-7:30pm PB Court			
HIIT BOXING***	JIMI V's Bootcamp	BEST OF Both Worlds	TOTAL Training Bootcamp			
LEXI	JIMI	ВО	LINDA U			
		*	**YOGA STUDIO*	**		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			IIIONODAI	TRIDAT	SATURDAT	JUNDAI
ZOOM ONLY			ZOOM ONLY			
ZOOM ONLY 10:00-11:00am	ZOOM ONLY	ZOOM ONLY	ZOOM ONLY 10:00-11:00am	9:00-10:00am	11:00am-12:00pm	10:15-11:30am
ZOOM ONLY 10:00-11:00am SLOW FLOW YOGA			ZOOM ONLY 10:00-11:00am YOGALATES	9:00-10:00am GENTLE YOGA	11:00am-12:00pm HATHA YOGA	10:15-11:30am VINYASA
10:00-11:00am	ZOOM ONLY 10:00-11:00am	ZOOM ONLY 10:00-11:00AM	10:00-11:00am	GENTLE YOGA CHARLES		
10:00-11:00am SLOW FLOW YOGA	ZOOM ONLY 10:00-11:00am YOGA THERAPEUTICS	ZOOM ONLY 10:00-11:00AM ASHTANGA YOGA SUZY	10:00-11:00am YOGALATES	GENTLE YOGA CHARLES ZOOM ONLY	HATHA YOGA	VINYASA
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10:00-11:00am SLOW FLOW YOGA SUZY MONDAY 9:00-10:00am	ZOOM ONLY 10:00-11:00am YOGA THERAPEUTICS SUZY	ZOOM ONLY 10:00-11:00AM ASHTANGA YOGA SUZY 6:45pm-8:00pm VINYASA YOGA AUTUMN ***F WEDNESDAY 8:30-9:30am	10:00-11:00am YOGALATES SUZY	GENTLE YOGA CHARLES ZOOM ONLY 10:30-11:45AM STRONG FLOW YOGA SUZY **** FRIDAY 9:00-10:00am	HATHA YOGA ANN in Studio A	VINYASA AUTUMN SUNDAY 9:00-10:00am
10:00-11:00am SLOW FLOW YOGA SUZY	ZOOM ONLY 10:00-11:00am YOGA THERAPEUTICS SUZY	ZOOM ONLY 10:00-11:00AM ASHTANGA YOGA SUZY 6:45pm-8:00pm VINYASA YOGA AUTUMN ***F WEDNESDAY	10:00-11:00am YOGALATES SUZY	GENTLE YOGA CHARLES ZOOM ONLY 10:30-11:45AM STRONG FLOW YOGA SUZY FRIDAY	HATHA YOGA ANN in Studio A	VINYASA AUTUMN
MONDAY 9:00-10:00am AQUA FITNESS	ZOOM ONLY 10:00-11:00am YOGA THERAPEUTICS SUZY	ZOOM ONLY 10:00-11:00AM ASHTANGA YOGA SUZY 6:45pm-8:00pm VINYASA YOGA AUTUMN ***F WEDNESDAY 8:30-9:30am AQUA FITNESS	10:00-11:00am YOGALATES SUZY	GENTLE YOGA CHARLES ZOOM ONLY 10:30-11:45AM STRONG FLOW YOGA SUZY *** FRIDAY 9:00-10:00am AQUA FITNESS	HATHA YOGA ANN in Studio A	SUNDAY 9:00-10:00am AQUA FITNESS
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