

# Modified Schedule 8/30 - 9/5

## Spinning Classes

Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	Saturday 9/4	Sunday 9/5
6:00 - 6:55 Wendy M	9:30 - 10:25 Ryan G	6:00 - 6:55 Carol H	9:30 - 10:25 Laura K	6:00 - 6:55 Joy B	8:00 - 8:55 Joy B	
7:00 - 7:55 Gary		7:00 - 7:55 Gary		5:45 - 6:40 Gary		

## Morning Group Exercise

Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	Saturday 9/4	Sunday 9/5
3rd Floor 9:00 - 9:45 Butts & Guts Cecelia	3rd Floor 5:45 - 6:45 Body Pump Carol H	3rd Floor 6:00 - 6:55 Body Combat Ryan G	2nd Floor 9:00 - 9:55 Bosu Cecelia	3rd Floor 9:30 - 10:25 Cardio Intervals Wendy	3rd Floor 8:30 - 9:25 Butts & Guts Laura	
2nd Floor 9:15 - 10:10 Cardio Blast Ronnie	3rd Floor 9:30 - 10:25 Kick Boxing Robin	2nd Floor 8:45 - 9:30 Butts & Guts Laura	3rd Floor 9:30 - 10:25 Cardio Intervals Robin	3rd Floor 10:30 - 11:25 Step Intervals Cecelia	2nd Floor 8:30 - 10:00 <b>NEW CLASS</b> Intro to Yin Kelliann	3rd Floor 10:00 - 10:55 Body Combat Ramiro

## Evening Group Exercise

Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3	Saturday 9/4	Sunday 9/5
2nd Floor 6:00 - 7:30 <b>NEW CLASS</b> Intro to Yin Kelliann	3rd Floor 5:30 - 6:25 Zumba Carol	3rd Floor 5:00 - 5:55 Zumba Natalie	3rd Floor 4:30 - 5:25 Step Chris Anderson	3rd Floor 5:30 - 6:25 Body Combat Allison		
3rd Floor 6:00 - 7:00 Body Pump Sandy	2nd Floor 6:00 - 7:00 Kettle Bell Wendy	3rd Floor 6:00 - 7:00 Body Pump Steph M	3rd Floor 6:30 - 7:30 Fast N Furious Kim	2nd Floor 6:30 - 7:25 Power Yoga Sarah		