



GROUP EXERCISE SCHEDULE
Begins 9/12/2022

NEW classes are highlighted

LOCATION MBS = Mind/Body Studio SB = Studio Beat OC = Odyssey Center CS = Cycle Studio OS=Outside

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a	All Levels Cycle CS - Lisa	BODYPUMP™ SB - Giovanna	All Levels Cycle CS - Lisa	BODYPUMP™ SB - Giovanna			
6:00a	Barre SB - Susan				Barre SB - Susan		
6:30a			RPM™ CS - Giovanna		RPM™ & Core CS - Giovanna		
			BODYPUMP™ SB - Stephanie				
7:15a						BODYPUMP™ SB - Mariah	
7:30a	Circuit Training SB - Allison	BODYPUMP™ SB - Jillian	Circuit & Flow SB - Allison	BODYPUMP™ SB - Jillian		All Levels Cycle CS - Lisa	
8:00a					Strength & Core SB - Giovanna	Power Yoga MBS - Joanne/Christina	
8:15a							BODYCOMBAT™ SB - Denise
8:30a	All Levels Cycle CS - Gary		All Levels Cycle CS - Lisa		All Levels Cycle CS - Gary	POUND® SB - Amy	All Levels Cycle CS - Gary
9:00a		SHIIFT OC - Corrine	Barre SB - Susan	SHIIFT OC - Corrine	Barre SB - Susan		
	BODYCOMBAT™ SB - Corrine	Zumba® SB - Caroline	Outdoor Bootcamp OS - Allison*	Zumba® SB - Caroline	All Levels Yoga MBS - Lenny		
9:15a	9:30a - Pilates MBS - Sarah	Vinyassa Flow MBS - Carrie/Jolie				Zumba® 9:35 SB - Stephani R.K./Gemma	YogaFlow MBS - Jodi
10:00a	Cardio Sculpt SB - Linda		Carido Sculpt SB - Linda		Zumba® Gold SB - Caroline		
11:15a	Senior Strength & Balance SB - Linda	Gentle Yoga MBS - Linda	Senior Strength & Balance SB - Katie	Gentle Stretch & Strength MBS - Linda	Senior Strength & Balance SB - Rotation		
12:30p	Barre SB - Susan				Zumba® Stars SB - Caroline		
4:30p	TRX Fusion SB - Mariah	BODYCOMBAT™ SB - Denise	HIIT Cardio OC - Corrine	RPM™ CS - Mariah			
5:00p		Cycle CS - Lauren	Strength + Core OC - Corrine				
5:30p	POUND® SB - Cheryl	BODYPUMP™ SB - Denise		BODYPUMP™ SB - Denise			
	RPM™ CS - Mariah		Barre SB - Kayoko				
6:00p	Yoga to Meditation MBS - Lauren	Power Yoga MBS - Joanne		Power Yoga MBS - Christina			
6:35p	Zumba® SB - Stephani R.K.		POUND® SB - Jill	Zumba® SB - Gemma			

*Weather permitting