



GROUP EXERCISE SCHEDULE
Begins 12/5/2022

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	YogaFlow MBS - Jodi	6:15 BODYPUMP™ SB - Stephanie		Barre SB - Susan		
6:30a	All Levels Cycle CS - Lisa		RPM™ CS - Giovanna		RPM™ & Core CS - Giovanna		
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		SHIIFT OC - Corrine			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 - Gary	POUND® SB - Amy	All Levels Cycle CS - Gary
9:00a	BODYCOMBAT™ SB - Corrine	SHIIFT OC - Corrine	Barre SB - Susan	SHIIFT OC - Corrine	Barre SB - Susan		
	Octagon Carl	Zumba® SB - Caroline	Bootcamp OC - Allison/Danielle	Zumba® SB - Caroline	All Levels Yoga MBS - Lenny		
9:15a		Vinyassa Flow MBS - Carrie/Jolie	Octagon (9am) Carl			Zumba® 9:35 SB - Stephani R.K./Gemma	YogaFlow MBS - Jodi
10:00a	Pilates MBS - Sarah		Carido Sculpt SB - Linda		Zumba® Gold SB - Caroline		
	Cardio Sculpt SB - Linda						
11:15a	Senior Strength & Balance SB - Linda	Gentle Yoga MBS - Linda	Senior Strength & Balance SB - Katie	Gentle Stretch & Strength MBS - Linda	Chair Yoga SB - Pam MK		
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			