



GroupFitness Schedule

Effective May 3, 2022

CORDATA						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SPIN Melissa 6:15-7:00 am			TBC Heather 5:45-6:45 am (Gym)	
	STRONG & STABLE Lesley 8:30-9:30 am		STRONG & STABLE Lesley 8:30-9:30 am			
HIIT Jovanny 9:30-10:30 am	TBC Tina 9:15-10:15 am (Gym)	ZUMBA Cindy 9:15-10:15 am (Gym)	TBC-HIIT Tina 9:15-10:15 am (Gym)	DANZIKA Jovanny 9:15-10:15 am (Gym)	DANCE FITNESS Tina 9:15-10:15 am	ZUMBA Cindy 9:30-10:30 am (Gym)
	RESERVED 10:30-11:30 Lesley (studio)	PILATES Ursula 10:30-11:30 am		YOGA Michal 9:30-10:45 am	POWER PUMP Cindy 10:30-11:30 am	YOGA Ursula 10:30-11:30 am
	POWER PUMP Heather 5:30-6:30 pm	COMBAT FITNESS Jovanny 5:30-6:30pm	ZUMBA Jovanny 5:30-6:30pm	SPIN Melissa 5:30-6:15 pm		
				RESERVED 6:30-8:00 Rachel (studio)		