



Fall 2019

Sept 1-Dec 31

Group Training and Group Exercise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am-8:30am Group Training: Fat Burn Circuit with Lisa	5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:45am Group Training: TreadYo with Tara	5:30-6:00am Group Training: Fat Burn Circuit with Kaija ----- 8:00-8:30am Group training: Strength Fusion with Lisa	5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:30am Group Training: Tread & Shred with Lisa	8:00-8:45am Body Works Sculpt with Lisa	8:00-8:30am Group Training: Boot Camp ----- 9:00-9:30am Group Training: Boot Camp
	9:00-9:45am HIIT with Lisa	9:00-10:00am Yoga Sculpt with Tara	9:00-10:00am Yoga Flow with Bridget	9:00-9:45am Barre with Lisa	9:00-10:00am Power Yoga+Abs with Bridget	9:30-10:30am Yoga Sculpt with Katie
	4:15-4:45pm group training: fat burn circuit with Lindsay 5:30-6:00pm Group Training: fat burn circuit with Lindsay	4:15-5:00pm Group Training: TreadYo with Tara 5:00-5:30 cycling with Molly 5:45-6:30pm Power Yoga with Molly	4:15-4:45pm Group Training: Strength Fusion with Lisa 4:45-5:30pm Power Yoga with Tara	4:15-4:45pm Group Training: Tread & Shred with Lisa 5:30-6:15pm Cycle & Strength with Jessica		
	6:00-6:50pm Yoga Sculpt with Michelle	6:00pm-6:45pm Group Training: TreadYo with Tara	5:30-6:00pm HIIT With Tara 6:00-6:30pm Group Training: Strength Fusion with Tara	6:00-6:30pm Group Training: Tread & Shred w/Lisa 6:30-7pm Abs and Buns with Lisa		

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