



## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am		<b>Spinning</b>		<b>Spinning</b>	
9:00am	<b>Body Sculpting</b>	<b>Stretch/Yoga/Pilates</b>	<b>Body Sculpting</b>	<b>Stretch/Yoga/Pilates</b>	<b>Body Sculpting</b>
12 noon	<b>Spinning</b>	<b>Bootcamp</b>	<b>Spinning</b>	<b>Bootcamp</b>	
5:30pm	<b>Bootcamp</b>	<b>Yoga/Stretch</b>	<b>Bootcamp</b>	<b>Yoga/Stretch</b>	