

ADULT SMALL GROUP CLASSES

2019 Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am - 7:00 am	STRENGTH + STRETCH	CORE + CARDIO	STRENGTH + STRETCH	CORE + CARDIO	STRENGTH + STRETCH
7:00 am - 8:00 am	CORE + CARDIO	STRENGTH + STRETCH			CORE + CARDIO
9:30 am - 10:30 am	STRENGTH + STRETCH		STRENGTH + STRETCH		STRENGTH + STRETCH
12:00 pm - 1:00 pm	CORE + CARDIO	STRENGTH + STRETCH	CORE + CARDIO	STRENGTH + STRETCH	CORE + CARDIO
6:00 pm - 7:00 pm	STRENGTH + STRETCH	CORE + CARDIO	STRENGTH + STRETCH	CORE + CARDIO	WEEKEND WARRIOR *5:00pm – 6:00pm
7:00 pm - 8:00 pm	CORE + CARDIO	STRENGTH + STRETCH	CORE + CARDIO	STRENGTH + STRETCH	

SATURDAY	
8:00 am - 9:00 am	CORE + CARDIO
9:00 am - 10:00 am	STRENGTH + STRETCH

SUNDAY	
9:30 am - 10:30 am	WEEKEND WARRIOR