

2020 FITNESS CLASSES & PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C Y C L I N G	8:15 AM CYCLE W/TERRI	6:00 AM CRANK W/THERESA	9:15 AM CYCLONE W/MONICA 5:30 PM CYCLE TERRI	6:00 AM CRANK W/THERESA		8:00 AM CRANK W/THERESA	8:00 AM CYCLONE SPIN W/MONICA OR CYCLONE W/JOSE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M I N D & B O D Y	8:10 AM *BIC W/MONICA	7:00 AM SUNRISE YOGA W/PATTY 8:00 AM GENTLE YOGA W/JANE		7:00 AM SUNRISE YOGA W/PATTY 8:00 AM GENTLE YOGA W/JANE 5:30 PM YOGA W/CARIN	8:10 AM *BIC W/MONICA		9:00 AM YOGA W/CARIN
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
C A R D I O	6:45 AM CARDIO/PUMP W/THERESA 9:30 AM AQUAFIT W/TERRI	9:30 AM TRX W/BARBARA 5:30 PM BODY 360 W/THERESA	6:45 AM CARDIO/PUMP W/THERESA 9:30 AM AQUAFIT W/TERRI	9:30 AM TRX W/BARBARA	6:45 AM CARDIO/PUMP W/THERESA 9:30 AM AQUAFIT W/BRIDGET	9:00 AM TOTAL BODY THERESA	

- BIC – Balance, Isometric & Core