



## GROUP EX WEEKLY UPDATES

May 22 – May 28 | Instructor “A” Week



Don't see  
the updated  
schedule?

Refresh  
your web  
browser

### MONDAY

5:30 am

10:30 am

4:30 pm

### TUESDAY

11:00 am

6:30 pm

### WEDNESDAY

7:00 am

8:30 am

9:30 am

10:30 am

5:30 pm

### THURSDAY

8:15 am

### FRIDAY

8:30 am

9:30 am

11:45 am

### SATURDAY

9:00 am

### SUNDAY

7:45 am

Power Intervals | Sub : Bri  
Chair Yoga | Sub : Beth P.  
Cardio Barre Fusion : Lauren

Aqua Zumba | Sub : Cassie  
Water Works | Sub : Jen

TBW | Sub : Jaimee T.  
Cardio Water | Sub : Gail  
Power Yoga | Sub : PD  
Zumba Toning | Sub : Dana  
F.A.S.T. | Sub : Lorrie

Spin | Sub : Monica

Sport Yoga | Sub : Beth P.  
HIIT | Sub : Sue S.  
Water Works | Sub : Gail

Power Intervals | Sub : Sue S.

Spin | Sub : Lisa S.