



Spring 2024: Group Fitness Schedule



<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Location</u>
Monday	4:30pm 6:30pm 8:30pm	AMP Cycle** Abs and Glutes** Cycle Encore	Molly Emma Gianna	Cycle Studio 205 Fitness Studio 101 Cycle Studio 205
Tuesday	9:00am 12:00pm 4:30pm 5:30pm 6:00pm 8:15pm	Burn and Turn* Gentle Yoga* AMP Cycle** AMP Cycle** Zumba Cycle Encore	Eve Shannon Molly Molly Jarinna Gianna	Cycle Studio 205 Yoga Studio 215 Cycle Studio 205 Cycle Studio 205 Fitness Studio 101 Cycle Studio 205
Wednesday	4:30pm 6:00pm 7:00pm	Hatha Flow AMP Cycle** Vinyasa Flow	Shannon Molly Becca	Yoga Studio 215 Cycle Studio 205 Yoga Studio 215
Thursday	11:00am 12:00pm 12:30pm 5:00pm 6:00pm 6:00pm 6:30pm	Cycle Encore Hatha Flow TRX*** Abs and Glutes** Vinyasa Flow Zumba Cycle**	Gianna Quinton Abe Emma Quinton Jarinna Alexa	Cycle Studio 205 Yoga Studio 215 Queenax Fitness Studio 101 Yoga Studio 215 Fitness Studio 101 Cycle Studio 205
Friday	9:00am 10:00am 12:00pm	Burn and Turn* Animal Flow Cycle**	Eve Quinton Alexa	Cycle Studio 205 Plant Park Cycle Studio 205
Saturday	11:00am	Theme Cycle**	Eve	Cycle Studio 205

Classes are 60 minutes in length unless marked by the following:

*30 minutes

**45 minutes

***50 minutes