

# **SPRING 2018 Group Exercise Schedule**

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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>8:30-9:30am</b>	<b>Cross Training</b>		<b>Cross Training</b>		<b>Cross Training</b>
<b>4:00-4:25pm</b>	<b>CORE</b>	<b>CORE</b>	<b>CORE</b>	<b>CORE</b>	
<b>4:30-5:00pm</b>	<b>RESISTANCE TRAINING</b>	<b>RESISTANCE TRAINING</b>	<b>RESISTANCE TRAINING</b>	<b>RESISTANCE TRAINING</b>	
<b>5:15-6:15pm</b>	<b>POWER TONE</b>	<b>BREAK DANCING</b>	<b>POWER TONE</b>	<b>BOOTCAMP</b>	
<b>6:20-7:20pm</b>	<b>ZUMBA</b>	<b>ZUMBA</b>	<b>ZUMBA</b>	<b>ZUMBA</b>	
<b>7:25-8:25pm</b>	<b>PIYO</b>	<b>POWER YOGA</b>	<b>PIYO</b>	<b>POWER YOGA</b>	