

SPRING 2024

GROUP X SCHEDULE

EFFECTIVE TUESDAY,
JAN 16, 2024

SRC

MON

CYCLE*
12:15 P.M.

**CIRCUIT
BLAST***
5:15 P.M.

FLOW FIT
6:30 P.M.

TUE

YOGA
7:00 A.M.

HIIT
5:15 P.M.

**RECOVERY
STRETCH**
6:30 P.M.

**DANCE
FITNESS**
7:30 P.M.

WED

CYCLE
5:15 P.M.

HIIT
6:30 P.M.

THU

CYCLE
6:30 A.M.

**CYCLE
STRENGTH**
5:15 P.M.

YOGA
6:30 P.M.

**DANCE
FITNESS**
7:30 P.M.

FRI

POWER 45*
7:00 A.M.

CARDIO
CARDIO/STRENGTH
MIND/BODY

SCAN FOR
CLASS DESCRIPTION



*=EXPRESS CLASS (45 minute class)

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