



Group Fitness Schedule Block 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am		Sunrise Yoga <i>Caroline</i>		Slow Flow Yoga <i>Caroline</i>	
11:00 – 11:50 am	Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>
1:00 – 3:00		Kick/boxing <i>Lennea</i>	*Aerial Silks <i>Autumn & Gemma</i>		*Aerial Silks <i>Autumn & Gemma</i>
2:00 – 3:00 pm		Hip Hop Dance <i>Lilah</i>		Hip Hop Dance <i>Lilah</i>	
3:15 – 4:15 pm	HIIT <i>Margaux</i>	Cardio Blast <i>Ella</i>	Power Yoga <i>Chase</i>	Body Weight Strength <i>Ella</i>	Grappling <i>Owen</i>
4:30 – 5:30 pm	Total Body Strength <i>Ella</i>	Slow Flow Yoga <i>Margaux</i>	Total Body Strength <i>Ella</i>	Yin Yoga LeAnne	
6:00 – 7:00 pm	Grappling <i>Owen</i>	Vinyasa Yoga <i>Lindsey</i>	Grappling <i>Owen</i>	Slow Flow Yoga <i>Lindsey</i>	
7:30 – 8:30 pm		Slow Flow Yoga <i>Maggie</i>	Vinyasa Yoga <i>Lindsey</i>	Kick/boxing <i>Lennea</i>	

* Aerial Silks beginner class is held in the Ritt Climbing Gym.