

# GROUP FITNESS CLASS SCHEDULE

FOD = Fitness On Demand/Virtual

## MONDAY

5:30am	BODYPUMP	Studio 1
8:15am	HPY Basics	Studio 5
8:30am	RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
10am	Yin Yoga	Studio 5
10:15am	SPRINT	Studio 3
10:20am	TONE	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	BODYATTACK (30 MIN)	Studio 2
4:45pm	HPY Basics	Studio 5
5:00pm	CORE (30 MIN)	Studio 2
5:30pm	BODYPUMP	Studio 1
5:30pm	FOD RPM	Studio 3
5:30pm	Heated Power Yoga	Studio 5
5:45pm	TONE	Studio 2
6:35pm	BODYJAM	Studio 1
6:45pm	Mat Pilates	Studio 5

## TUESDAY

5:30am	RPM	Studio 3
5:30am	FOD BODYCOMBAT	Studio 1
6:00am	Heated Power Yoga	Studio 5
8:00am	BODYPUMP	Studio 1
9:00am	BODYBALANCE	Studio 5
9:05am	BODYSTEP	Studio 1
9:15am	RPM	Studio 3
9:30am	GRIT STRENGTH	Studio 2
10:10am	CORE (45 MIN)	Studio 1
10:30am	Mat Pilates	Studio 5
12:00pm	FOD BODYATTACK	Studio 1
12:15pm	FOD RPM	Studio 3
4:30pm	Heated Power Yoga	Studio 5
5:15pm	GRIT STRENGTH	Studio 2
5:30pm	RPM	Studio 3
5:30pm	Yoga	Studio 5
5:35pm	BODYCOMBAT	Studio 1
5:50pm	CORE (30 MIN)	Studio 2
6:30pm	BODYPUMP	Studio 2
6:35pm	BODYBALANCE	Studio 5

## WEDNESDAY

5:30am	BODYPUMP	Studio 1
6:00am	GRIT (Athletic/Cardio)	Studio 2
8:30am	FOD RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
9:55am	Yoga Basics	Studio 5
10:20am	TONE	Studio 1
10:30am	Yoga	Studio 5
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
5:30pm	BODYPUMP	Studio 1
5:30pm	BODYSTEP	Studio 2
5:30pm	RPM	Studio 3
5:30pm	Heated Power Yoga	Studio 5
6:35pm	ZUMBA	Studio 1
6:45pm	Mat Pilates	Studio 5

## THURSDAY

5:30am	RPM	Studio 3
6:00am	BODYBALANCE	Studio 5
8:00am	BODYPUMP	Studio 1
9:00am	BODYBALANCE	Studio 5
9:05am	BODYCOMBAT	Studio 1
9:15am	RPM	Studio 3
10:10am	CORE (30 MIN)	Studio 1
12:00pm	FOD BODYCOMBAT	Studio 1
12:15pm	FOD RPM	Studio 3
4:30pm	BODYPUMP	Studio 1
4:30pm	Heated Power Yoga	Studio 5
5:15pm	GRIT (Athletic/Cardio)	Studio 2
5:30pm	FOD RPM	Studio 3
5:30pm	Yin Yoga	Studio 5
5:35pm	BODYCOMBAT	Studio 1
5:50pm	CORE (45 MIN)	Studio 2
6:35pm	BODYBALANCE	Studio 5

## FRIDAY

5:30am	BODYPUMP	Studio 1
8:30am	FOD RPM	Studio 3
9:00am	Tone	Studio 2
9:00am	Heated Power Yoga	Studio 5
9:15am	BODYPUMP	Studio 1
10:15am	Yoga	Studio 5
10:20am	BODYCOMBAT (30 MIN)	Studio 1
12:00pm	FOD BODYPUMP	Studio 1
12:00pm	FOD RPM	Studio 3
4:30pm	FOD RPM	Studio 3
5:30pm	FOD BODYPUMP	Studio 1
5:30pm	Heated Power Yoga	Studio 5

## SATURDAY

7:15am	Heated Power Yoga	Studio 5
7:30am	RPM	Studio 3
7:45am	GRIT STRENGTH	Studio 2
8:20am	BODYPUMP	Studio 2
8:15am	HP Yoga Basics	Studio 5
9:00am	Heated Power Yoga	Studio 5
8:20am	BODYATTACK	Studio 1
9:00am	FOD RPM	Studio 3
9:00am	Heated Power Yoga	Studio 5
9:25am	BODYCOMBAT	Studio 1
10:15am	Yin Yoga	Studio 5
10:30am	ZUMBA	Studio 1

## SUNDAY

8:30am	RPM	Studio 3
8:30am	Heated Power Yoga	Studio 5
9:00am	SUNDAY CRUNCH	Studio 1
10:00am	Yoga	Studio 5
10:05am	BODYPUMP	Studio 1
11:00am	BODYBALANCE	Studio 5

## SUNDAY CRUNCH (55 min)

9/4/22	BODYCOMBAT
9/11/22	BODYSTEP
9/18/22	BODYCOMBAT
9/25/22	BODYSTEP

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Group Fitness Schedule.

