

215 FIRST STREET FALL 2022 GROUP CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		BODYPUMP					
7:00 AM			SPRINT		SPRINT		
7:30 AM				BODYPUMP			
9:00 AM						SPRINT	RPM
9:00 AM						BODYPUMP	
10:00 AM						LES MILLS CORE	BODYPUMP
12:00 PM	BODYPUMP		YOGA		BODYPUMP		
5:30 PM	BODYBALANCE	BODYPUMP	BODYPUMP	BODYBALANCE	BODYPUMP		
5:30 PM	BODYPUMP	BODYBALANCE	MAT PILATES	BODYPUMP			
6:00 PM	SPRINT	SPRINT		RPM			
6:30 PM			YOGA				
6:30 PM			GRIT CARDIO				
6:45 PM	LES MILLS CORE	LES MILLS CORE		LES MILLS CORE			
7:15 PM		INTRODUCTION TO TANG SOO DO		INTRODUCTION TO TANG SOO DO			
7:30 PM	ZUMBA		ZUMBA				

NOTES

RED = main studio

Blue = bike studio

GREEN - MIND/BODY STUDIO