



215 FIRST STREET

Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	RPM 45 7 AM ★	BODYPUMP 55 6:30AM	SPRINT 30 7 AM ★	BODYPUMP 45 7:30AM	SPRINT 30 7 AM ★	SPRINT 30 9 AM ★	RPM 45 9 AM ★
NOON	BODYPUMP 45		YOGA 55		BODYPUMP 45	BODYPUMP 55 9 AM	
5:30 PM	BODYPUMP 55	BODYPUMP 55	BODYPUMP 45	BODYPUMP 55	BODYPUMP 55	MARTIAL ARTS 55 9 AM	
	BODYBALANCE 55	BODYBALANCE 55	MAT PILATES 55	BODYBALANCE 55		CORE 30 10 AM	BODYPUMP 45 10 AM
6 PM	SPRINT 30 ★	SPRINT 30 ★	RPM 45 ★	RPM 45 ★			
6:30 PM			YOGA 55				
			CORE 30				
6:45 PM	CORE 30	CORE 30		ZUMBA 45			
				GRIT CARDIO 30			
7:15 PM		MARTIAL ARTS 55	ZUMBA 55	MARTIAL ARTS 55			
7:30 PM	ZUMBA 55						

■ GROUND FLOOR GROUP EX ROOM

★ CYCLE ROOM 2nd FLOOR

□ MIND/BODY STUDIO DOWNSTAIRS

▲ BASKETBALL COURT

30
45
55
CLASS DURATION