



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	
	YOGA 55 □		MAT PILATES 45 □			CORE 30 ■ 10 AM	BODYPUMP 45 ■ 10 AM
6 PM	SPRINT 30 ★	SPRINT 30 ★		RPM 45 ★			
6:15 PM		MARTIAL ARTS 55 ▲		MARTIAL ARTS 55 ▲			
6:30 PM			YOGA 55 □				
			CORE 30 ■				
			RPM 45 ★				
6:45 PM	CORE 30 ■	CORE 30 ■		ZUMBA 45 ■			
7:15 PM			ZUMBA 55 ■				
7:30 PM	ZUMBA 55 ■						

■ GROUND FLOOR GROUP EX ROOM

★ CYCLE ROOM 2nd FLOOR

□ MIND/BODY STUDIO DOWNSTAIRS

▲ BASKETBALL COURT

30 | CLASS DURATION

45 |

55 |