SPORTFIT Group Exercise Schedule

Effective Date: 04/28/2025

MON	TUE	WED	THU	FRI	SAT	SUN
YOGALATES 8:30-9:15AM LAURA	YOGA I/II 8:00-8:45AM LO	GENTLE FLOW 8:30-9:20AM KRISTEN	YOGA FLOW 8:00-8:45AM LO	ADVANCED STEP 9:30-10:15AM GINA	SHRED 8:00AM-9:00AM NELLIE $	ALL LEVEL YOGA 8:30-9:30AM TRACEY
SPIN 9:00-9:45AM KRISTEN	SPIN 9:00-9:45AM KRISTEN	STEP JAM 9:30-10:15AM GINA	FUNCTIONAL FITNESS 9:00-9:45AM ALLIE	BOOTY BARRE 10:15-11:00AM GINA	CRUSHING CALORIES SPIN 8:00--8:45AM CHARLINE	
HIIT 9:30AM-10:15AM LAURA	CIRCUIT TRAINING 10:00-10:45AM GINA	SCULPT N ABS 10:15-11:00AM GINA	CARDIO DANCE 10:00-10:45AM GINA	GENTLE YOGA STRETCH 11:00-11:45AM GINA	STRAIGHT STRENGTH 9:00-9:45AM CHARLINE	
SCULPT N ABS 10:20-11:05AM ALLIE	FUNCTIONAL FITNESS 11:00-11:45AM ALLIE	TOTAL BODY 5:00-5:45PM MICHELLE	BOX AND BAG 11:00-11:45AM GINA		VINYASA YOGA 10:00-11:00AM KRISTEN	
BOOTY BLAST 5:30-6:00PM NELLIE	BEGINNER STEP 12:00-12:45PM MICHELLE	ZUMBA 6:00-6:45pm MEKO	HATHA YOGA 5:00- 5:45PM TRACY			
BODY FIT 6:00-6:40PM NELLIE	YOGALATES 5:00-5:55PM GINA	SPIN MIXER 6:00PM-6:45PM MICHELLE	SPIN 6:00-6:45PM NELLiE			
SPIN 6:45-7:30PM NELLIE	BOX AND BAG 6:00-6:45PM NELLIE	SHRED 6:00-7:00PM NELLIE $	CALLING ALL STEPPERS 6:00-6:45PM MICHELLE			
ZUMBA 6:45-7:30PM MEKO	PILATES 6:45-7:30PM NELLIE	VINYASA YOGA 7:00-8:00 PM KRISTEN	PILATES 6:50-7:30PM NELLIE			

Updated 04/28/2025