

5/2022

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	→HIIT ZONE Stacy		→HIIT ZONE Stacy			
8:00	→S.W.E.A.T. Carly	8:15■Burn & Build Jordan	→S.W.E.A.T. Carly	8:15■Burn & Build Jordan	★BODY PUMP -Courtney	→HIIT ZONE Cristina
		8:30 H2o FIT Pool - Jen	■8:15 MATT PILATES JEN		■8:15 MATT PILATES JEN	8am →BODYPUMP Jamie
9:00		■JUST STEP Peggy	★ Yoga POWER FLOW Lisa		★ Yoga POWER FLOW Lisa	★MAX BURN w/Step Thalia/Jesse
9:00	→CardioParty Carla	★PIYO-Amber	→CardioParty Carla	★PIYO-Amber		YinYoga w/ Detox Candice
10:00	★YogaGentleFlow- Tammy	★ Chair Yoga - Tammy	★ 55 Energize -Jen 10:15			
4:00	■Burn & Build Jordan					
5:00	★KIDFIT ages 5-11	★KIDFIT ages 5-11	★KIDFIT ages 5-11			
5:00	■BODY STRONG Peter	→HIIT ZONE Cristina	■CardioKick Jesse & Thalia	■Burn & Build Jordan		
5:30	■CardioKick Jesse & Thalia	★DANCE FIT - Caley	★ BODY PUMP -Courtney	■Latin Jam Jesse		
5:30	★ Yoga Flow -Courtnea	5:45-EZ AQUA Tone -Janet				★ One hour class →45 minute class ■30minute class
6:00	→S.W.E.A.T. Carly					