

September 2022

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15	→HIIT Ground Running Carly		→HIIT Ground Running Carly			
8:15	→S.W.E.A.T. Carly	→Burn & Build Jordan	→S.W.E.A.T. Carly	→Burn & Build Jordan	★8:00 BODY PUMP -Courtney	→8:00 HIIT ZONE Cristina
		8:30 H2o FIT Pool - Jen		8:15 VILLAGE BARRE Lisa		→8:00 WAKE UP PUMP Jonah
9:00	→VILLAGE BARRE Lisa	■9:00 JUST STEP Peggy	★ Yoga POWER FLOW Lisa	→HIIT ZONE Cristina	★ Yoga POWER FLOW Lisa	★MAX BURN w/Step Thalia/Jesse
9:00	→CardioParty Carla	★9:00 PIYO-Amber	→CardioParty Carla	★POP Pilates -Amber		★YinYoga w/ Detox Candice
10:00	★YogaGentleFlow- Tammy	★ Chair Yoga - Tammy	★ SENIOR Exercise Party -Carla			
						→SUNDAY HIIT ZONE begins9/11 Carly 2pm
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	→CardioParty Carla	★ BODY PUMP -Jamie	■Latin Jam Jesse		
5:30	6:00- Yoga Flow -Courtnea	→VILLAGE BARRE Lisa				★ One hour class →45 minute class ■30minute class
6:00	→S.W.E.A.T. Carly	5:45-EZ AQUA Tone -Janet				