## **WREC • Group Exercise Schedule • FALL 2018**

6:15 AM	Monday Spin		Tuesday Spin		Wednesday Spin		Thursday Spin		Friday	Saturday	Sunday
0.13 AW	6:15am - 7:00am	260	6:15am - 7:00am	260	6:15am - 7:00am	760	6:15am - 7:00am	760			
	Alana	7	Nicole	2	Alana	7	Nciole	7			
7:00 AM	Yoga	0			Yoga	0					
	7:00am - 8:00am Shelby	250			7:00am - 8:00am Shelby	250					
7:30 AM	Sileiby		Spin & Strength		Sileiby		Spin & Strength				
			7:30am - 8:30am	260			7:30am - 8:30am	700			
			Heidi				Heidi `	`			
8:00 AM	H.I.I.T.	2			H.I.I.T.	Σ			H.I.I.T.		
	***PT CLASS*** 8:00-9:00am	GYM			***PT CLASS*** 8:00-9:00am	BYM.			***PT CLASS*** 8:00-9:00am		
	Chris	PT			Chris	PT			8:00-9:00am		
9:00 AM			1	ı				٠			
0:00 AM											
1.00 444											
1:00 AM											
2:00 PM	30 Minute Spin	0	Yoga	0	30 Minute Spin	0	Yoga	_	30 Minute Spin		Yoga
	12:00pm - 12:30pr	26	12:00pm-1:00pm	240	12:00pm - 12:30pm	26		240	12:00pm - 12:30pm 0		12:00pm - 1:00pm S
2:30 PM	Brady ABS		Tina Spin & Strength		Chris ABS		Tina Spin & Strength		Chris ABS		Aislinn
2:50 FW	12:30pm - 1:00pm	20	12:30pm - 1:30pm	90	12:30pm - 1:00pm	20	12:30pm - 1:30pm	ွ	12:30pm - 1:00pm		
	Brady	7	Brooke	2	Chris	2	Brooke	7	Chris		
	Restorative Yoga	0			Restorative Yoga	0	•		Restorative Yoga		
	12:30pm - 130pm	240			12:30pm - 1:30pm	24			12:30pm - 1:30pm 8		
1:00 PM	Kat				Kat			L	Kat		
2:30 PM			Coach on Deck	POOL							
			2:30 - 4:30pm	PO							
4:00 PM						I	SUP Yoga	_	Jiu Jitsu		Jiu Jitsu
							4:00-5:00pm	POOL	4:00pm - 5:30pm		4:00pm - 5:30pm
							Jillian <sup>G</sup>	•	Robert		Robert
5:00 PM			Aqua ABS	POOL							
			5:00pm-5:30pm	PO							
	Butts & Guts		ABS		Butts & Guts		ABS				ABS
	5:00pm - 5:30pm	250	5:00pm - 5:30pm	250	5:00pm - 5:30pm	250	5:00pm - 5:30pm	250			5:00pm - 5:30pm 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
	Jessica		Lauryn		Jessica		Lauryn				Alexis
5:30 PM	Yoga	0.0	Spin	00		0	Spin	۶	Yoga		Yoga O
	5:30pm - 6:30pm Aislinn	25	5:30pm-6:30pm Emma	26	5:30pm - 6:30pm Aislinn	25	5:30pm-6:30pm Emma	۲ ا	5:30pm-6:30pm 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		5:30pm - 6:30pm ເດ
	30 Minute Spin		Yoga		30 Minute Spin		Yoga		ruc		Spin & Strength
	5:30pm - 6:00pm	260	5:30pm-6:30pm	250	5:30pm - 6:00pm	260	5:30pm - 6:30pm	720			5:30pm - 6:30pm
	Kristen	·`			Kristen	``					Alexis
	Fuego	9	H.I.I.T.	Σ	Fuego	٥	H.I.I.T.	Σ			
	5:30pm - 6:30pm Jocelyn	240	***PT CLASS*** 5:30pm - 6:30pm	GYM	5:30pm - 6:30pm Stephanie	240		GYM			
•	Jocelyii		Alexis	PT	Stephane		Alexis	PT			
6:00 PM	Spin & Strength				Spin & Strength						
	6:00pm - 7:00pm	260				260					
< 20 DM	Alex		D # 0.5 1		Alex		2 11 2 5 1				
6:30 PM	MMA Striking 6:30pm - 8:00pm	230	Butts & Guts 6:30-7:00pm	250	MMA Striking 6:30pm - 8:00pm	230	Butts & Guts 6:30pm - 7:00pm	720			
	Riley	23	Zaynah	2	Riley	7	Zaynah	7			
	Restorative Yoga		Fuego		Restorative Yoga		Fuego				*PT CLASS*
	6:30pm - 7:30pm	250	6:30pm - 7:30pm	240	6:30pm - 7:30pm	250	6:30pm - 7:30pm	240			Extra Fee Required
T 00 D14	Kat		Darniece		Kat		Marqia				Room 230
7:00 PM			Spin&Strength 7:00pm - 8:00pm	260			Spin&Strength 7:00pm - 8:00pm	760			Poom 240
			Dani Dani	2(			Dani	7			Room 240
7:30 PM	Spin		MMA Striking		Spin		MMA Striking				Poor 250
	7:30pm - 8:30pm	260	7:30pm - 9:00pm	230	7:30pm - 8:30pm	260	7:30pm - 9:00pm	230			Room 250
0.00.00	Shannon		D. d		Shannon						Room 260
8:00 PM			Restorative Yoga 8:00pm-9:00pm	240			Restorative Yoga 8:00pm-9:00pm	740			
			Simone	2,			Simone	Ż		8/16/18	POOL
			Jillone			L	2.1110110			0/10/18	