WREC • Group Exercise Schedule • FALL 2018

										17411 1010
	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday Sunday
6:15 AM	Spin		Spin		Spin		Spin			
	6:15am - 7:00am	260	6:15am - 7:00am	260	6:15am - 7:00am	260	6:15am - 7:00am	260		
	Alanna		Nicole		Alanna		Nicole		-	
7:00 AM	Yoga 7:00am - 8:00am	250			Yoga 7:00am - 8:00am	250				
	Shelby	2:			Lance	2!				
7:30 AM	,		Spin & Strength				Spin & Strength			
			7:30am - 8:30am	260			7:30am - 8:30am	260		
			Heidi				Heidi			
8:00 AM	H.I.I.T. ***PT CLASS***	Σ			H.I.I.T.	Σ			H.I.I.T.	
	8:00-9:00am	PT GYM			***PT CLASS*** 8:00-9:00am	PT G YIM			***PT CLASS*** 8:00-9:00am	
	Chris	4			Chris	<u>a</u>			Chris	
9:00 AM										
10:00 AM										
11:00 AM										
12:00 PM	30 Minute Spin	0	Yoga	0	30 Minute Spin	09	Yoga	0	30 Minute Spin	Yoga
	12:00pm - 12:30pm Brooke	260	12:00pm-1:00pm Tina	240	12:00pm - 12:30pm Chris	26	12:00pm-1:00pm Tina	240	12:00pm - 12:30pm 97	12:00pm - 1:00pm
12:30 PM	ABS		30 Minute Spin		ABS		30 Minute Spin		ABS	Jillan
12.30 FW	12:30pm - 1:00pm	250	12:30pm - 1:00pm	260	12:30pm - 1:00pm	250	12:30pm - 1:00pm	260	12:30pm - 1:00pm	
	Brooke	7	Brooke	2	Chris	7	Brooke	7	Claire	
4.00.011										
1:00 PM										
2:00 PM										
3:30 PM										
4:00 PM									Jiu Jitsu	Jiu Jitsu
									4:00pm - 5:30pm	4:00pm - 5:30pm
									Robert	Robert
5:00 PM										
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	Butts & Guts							'		
			ABS		Butts & Guts		ABS		I	ABS
	5:00pm - 5:30pm	250	ABS 5:00pm - 5:30pm	250	Butts & Guts 5:00pm - 5:30pm	250	ABS 5:00pm - 5:30pm	550		ABS 5:00pm - 5:30pm
5-20 DM	5:00pm - 5:30pm Jessica	250		250		250		250		
5:30 PM	Jessica Yoga	+	5:00pm - 5:30pm Lauryn Spin		5:00pm - 5:30pm Jessica Yoga	H	5:00pm - 5:30pm Lauryn Spin		Yoga o	5:00pm - 5:30pm 7 7 7 7 7 7 7 7 7
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5:30 PM	Jessica Yoga 5:30pm - 6:30pm Aislinn	+	5:00pm - 5:30pm Lauryn Spin 5:30pm - 6:30pm Emma		5:00pm - 5:30pm Jessica Yoga 5:30pm - 6:30pm Aislinn	H	5:00pm - 5:30pm Lauryn Spin 5:30pm - 6:30pm Emma		Yoga 5:30pm - 6:30pm တို Lance	Heidi Yoga 5:30pm - 6:30pm 05 Tina
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5:3UPM	Jessica Yoga 5:30pm - 6:30pm Aislinn 30 Minute Spin 5:30pm - 6:00pm Helen Fuego 5:30pm - 6:30pm	250	5:00pm - 5:30pm Lauryn Spin 5:30pm-6:30pm Emma Yoga 5:30pm - 6:30pm Selena H.I.I.T.	250 260	5:00pm - 5:30pm Jessica Yoga 5:30pm - 6:30pm Aislinn 30 Minute Spin 5:30pm - 6:00pm Cara Fuego 5:30pm - 6:30pm	250	5:00pm - 5:30pm Lauryn Spin 5:30pm-6:30pm Emma Yoga 5:30pm - 6:30pm Selena H.I.I.T.	250 260	5:30pm - 6:30pm %	5:00pm - 5:30pm Peidi Yoga 5:30pm - 6:30pm Tina Spin & Strength 5:30pm - 6:30pm 92
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