



October 2021

Group Exercise/SPIN Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:00AM Power Hour SPIN 9:15AM Total Body Workout Colleen 5:30 PM ZUMBA ® Yazmin	2 9:00AM Kardio Karate Chrissy
3 9:15AM EXPRESS SPIN (30 Minute) Tara	4 5:00AM Interval SPIN Chrissy 5:30PM Kardio Karate Chrissy	5 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen	6 5:00AM Interval SPIN 9:15AM Circuit Training 5:30AM ZUMBA Yazmin 6:15PM Interval SPIN Chad	7 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM Sculpt Alyssa 6:45PM YOGA Katherine	8 5:00AM Power Hour SPIN 9:15AM Total Body Workout Colleen 5:30 PM ZUMBA ® Yazmin	9 9:00AM Cardio Sculpt Alyssa
10 9:15AM EXPRESS SPIN (30 Minute) Tara	11 5:00AM Interval SPIN Chrissy 5:30PM Cardio Sculpt Alyssa	12 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Chrissy 5:30PM Kardio Karate Chrissy	13 5:00AM Pump and Pedal Chrissy & Alyssa 9:15AM Circuit Training 5:30PM ZUMBA Chrissy 6:15PM Interval SPIN Chad	14 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT 6:45PM YOGA Katherine	15 5:00AM Power Hour SPIN 9:15AM Total Body Workout Chrissy 5:30 PM ZUMBA ® Yazmin	16 9:00AM Interval SPIN Tara Powell
17 9:15AM EXPRESS SPIN (30 Minute) Tara	18 5:00AM Interval SPIN 5:30PM Cardio Sculpt Alyssa	19 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate	20 5:00AM Interval SPIN 9:15AM Circuit Training 5:30PM ZUMBA Yazmin 6:15PM Interval SPIN Chad	21 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT 6:45PM YOGA Katherine	22 5:00AM Power Hour SPIN 9:15AM Total Body Workout Chrissy 5:30 PM ZUMBA ® Yazmin	23 9:00AM Super Step Chrissy
24 9:15AM EXPRESS SPIN (30 Minute) Tara 31 9:15AM EXPRESS SPIN (30 Minute) Tara	25 5:00AM Interval SPIN 5:30PM Cardio Sculpt Alyssa	26 5:00AM Interval SPIN 9:15AM ZUMBA Yazmin 10:30AM YOGA Jim 4:30PM Tabata Time Colleen 5:30PM Kardio Karate	27 5:00AM Interval SPIN 9:15AM Circuit Training 5:30PM-7PM Halloween ZUMBA Yazmin & Chrissy 6:15PM Interval SPIN Chad	28 5:00AM Interval SPIN 4:30PM EXPRESS SPIN (30 Minute) Tara 5:30PM HIIT 6:45PM YOGA Katherine	29 5:00AM Power Hour SPIN 9:15AM Total Body Workout Colleen 5:30 PM ZUMBA ® Chrissy	30 9:00AM Power Pilates Colleen