

DECEMBER 2019

ENERGY GYM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Studio 1 6:15AM - 6:45AM VIRTUAL GRIT Cardio 7:00AM - 7:45AM VIRTUAL BODYPUMP 8:00AM - 9:15AM Yoga (75 min) 9:30AM - 10:30AM Zumba 10:35AM - 11:20AM KETTLEBELLS 4:00PM - 4:30PM VIRTUAL BODYCOMBAT 5:30PM - 6:30PM BODYPUMP™ 6:30PM - 7:30PM Fit + Flow Yoga Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 5:30AM - 6:30AM RPM™ 8:15AM - 9:15AM RPM™ 9:30AM - 10:20AM VIRTUAL RPM 5:30PM - 6:20PM VIRTUAL RPM	Fitness Studio 1 4:40AM - 5:40AM VIRTUAL BODYPUMP 6:00AM - 7:00AM VIRTUAL BODYCOMBAT 7:00AM - 7:45AM Step 8:15AM - 9:15AM BODYPUMP™ 9:30AM - 10:30AM Fit + Flow Yoga 10:40AM - 11:40AM VIRTUAL BODYCOMBAT 12:00PM - 12:30PM VIRTUAL BARRE 4:00PM - 5:00PM VIRTUAL BODYPUMP 6:20PM - 7:10PM Pound® 7:15PM - 7:45PM VIRTUAL BODYCOMBAT 8:00PM - 9:00PM VIRTUAL BODYFLOW Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 8:30AM - 9:00AM VIRTUAL SPRINT 5:30PM - 6:30PM RPM™	Fitness Studio 1 6:00AM - 6:30AM VIRTUAL GRIT Strength 6:45AM - 7:45AM VIRTUAL BODYPUMP 8:00AM - 8:50AM Yin / Gentle Yoga 9:05AM - 9:35AM CXWORX™ 9:45AM - 10:45AM Zumba 11:00AM - 11:30AM VIRTUAL GRIT Strength 4:30PM - 5:00PM VIRTUAL GRIT Cardio 5:30PM - 6:15PM BODYPUMP™ 6:15PM - 6:45PM CXWORX™ 7:00PM - 7:30PM VIRTUAL CXWORX Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 5:30AM - 6:00AM VIRTUAL SPRINT 8:15AM - 9:15AM RPM™ 9:50AM - 10:20AM VIRTUAL SPRINT 5:30PM - 6:20PM VIRTUAL RPM	Fitness Studio 1 4:40AM - 5:40AM VIRTUAL BODYPUMP 6:00AM - 7:00AM VIRTUAL BODYPUMP 8:15AM - 9:15AM BODYPUMP™ 9:30AM - 10:30AM Strong by Zumba® 10:30AM - 11:30AM LaBlast 11:50AM - 12:35PM VIRTUAL SH'BAM 4:30PM - 5:00PM VIRTUAL GRIT Strength 5:00PM - 5:30PM KETTLEBELLS 6:30PM - 7:30PM VIRTUAL BODYFLOW Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 5:30AM - 6:00AM VIRTUAL SPRINT 8:30AM - 9:00AM VIRTUAL SPRINT 9:30AM - 10:20AM VIRTUAL RPM 5:30PM - 6:30PM RPM™	Fitness Studio 1 6:15AM - 6:45AM VIRTUAL CXWORX 7:00AM - 7:45AM VIRTUAL BODYPUMP 7:50AM - 8:40AM Step 8:45AM - 9:30AM Pilates N More 9:30AM - 10:30AM Zumba 10:35AM - 11:20AM Pound® 11:30AM - 12:00PM VIRTUAL CXWORX 4:45PM - 5:15PM VIRTUAL CXWORX 5:30PM - 6:30PM VIRTUAL BODYFLOW Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 8:15AM - 9:15AM RPM™ 9:30AM - 10:00AM VIRTUAL RPM	Fitness Studio 1 7:30AM - 8:15AM VIRTUAL BODYPUMP 8:30AM - 9:00AM VIRTUAL CXWORX 9:15AM - 10:15AM BODYPUMP™ 10:30AM - 11:30AM Zumba Gold® 12:00PM - 1:00PM VIRTUAL BODYCOMBAT 3:00PM - 3:45PM VIRTUAL SH'BAM Cycle Studio 1 4:45AM - 5:15AM VIRTUAL SPRINT 8:15AM - 9:15AM RPM™ 9:30AM - 10:00AM VIRTUAL RPM	Fitness Studio 1 7:35AM - 8:05AM VIRTUAL CXWORX 8:15AM - 9:00AM VIRTUAL BODYPUMP 9:15AM - 10:00AM Pound® 10:10AM - 11:00AM LaBlast 11:30AM - 12:30PM VIRTUAL BODYCOMBAT 3:00PM - 4:00PM VIRTUAL BODYFLOW 4:45PM - 5:15PM VIRTUAL GRIT Cardio 5:30PM - 6:30PM VIRTUAL BODYFLOW Cycle Studio 1 4:40AM - 5:10AM VIRTUAL SPRINT 8:15AM - 9:05AM VIRTUAL RPM 9:15AM - 9:45AM VIRTUAL SPRINT

All BodyPump X classes are indicated by the duration of the class, there will be no X on the printed schedule.

NEW STEP CLASS on Tuesdays at 7:15am starting on December 3rd

NEW KETTLEBELL CLASS on Thursdays at 7:15am starting on December 5th

Toys for Tots Zumba Party on Friday, December 13th with Janae

Revised 12/3/19