

Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Run & Build (60 Min) Emily	
8:30 AM		Yoga (60 min) Darlene		Yoga (60 min) Darlene			
9:00 AM					HIIT (60 min) Jessie	HIIT (60 min) Jessie	
10:00 AM					Zumba (60 Min) Jessie	Zumba (60 Min) Jessie	Yoga (60 Min) Meghan
5:30 PM			Yoga (60 min) Darlene				
6:30 PM	Total Body (60 min) Jessie	Total Body (60 min) Jessie	Total Body (60 min) Jessie				
7:30 PM	Zumba (60 Min) Jessie	Zumba (60 Min) Jessie	Zumba (60 min) Jessie	Yoga Sculpt (60 Min) Meghan			