

Group Ex Classes - Winter/Spring 2022

Monday	Tuesday	Wednesday	Thursday	Friday
9:00	9:00	9:00	9:00	9:00
10:00	10:00	10:00	10:00	10:00
11:00	11:00	11:00	11:00	11:00
12:00	12:00	12:00 - 12:50PM	12:00 - 12:50 PM	12:00
		Triple G (Ashlee)	Spin + Core (Tabitha)	
1 - 1:50pm	1pm	1pm	1pm	1pm
TBC (Lucas)				
2pm	2pm	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm
5pm	5 - 5:50pm	5pm	5:30 - 6:15pm	5pm
	TBC (Lucas)		Yoga (Melanie)	
6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm
8pm	8pm	8pm	8pm	8pm