

**Group Ex Classes - Summer 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
		<b>Triple G (Ashlee)</b>	<b>Spin + Core (Tabitha)</b>	
1:05 - 1:50pm	1:05 - 1:50pm	1pm	1pm	1pm
<b>TBC (Lucas)</b>	<b>TBC (Lucas)</b>			
2pm	2pm	2pm	2pm	2pm
3pm	3pm	3pm	3pm	3pm
4pm	4pm	4pm	4pm	4pm
5pm	5pm	5pm	5:30 - 6:15pm	5pm
			<b>Yoga (Melanie)</b>	
6pm	6pm	6pm	6pm	6pm
7pm	7pm	7pm	7pm	7pm
8pm	8pm	8pm	8pm	8pm