

Group Exercise Classes

MAY

| Time | Room | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------|-------------------------------|------------------------------|----------------------------|------------------------------|-------------------------------|---------------|--------|
| 5:45am | Large | Spin Erin | | Spin Erin | | Spin Erin | | |
| 7:45am | Large | Gentle Pilates Lynne | Zumba Gold Ysabelle | Gentle Pilates Lynne | Zumba Gold Ysabelle | Gentle Pilates Lynne | | |
| 9:00am | Large | Spin Erica | Zumba Julie D. | Spin Erica | Zumba Carrie | Spin Erica | Zumba Risa | |
| 9:00am | Small | Core Challenge Julie | | Core Challenge Julie | | | | |
| 9:15am | Small | | Beginner Pilates Lynne | | Beginner Pilates Lynne | | | |
| 10:00am | Large | Interval Training Julie | Kickboxing Sharra | Butts and Guts Julie | Kickboxing Sharra | Interval Training Julie | | |
| 11:00am | Large | Zumba Carrie | | Spin Melissa | | | | |
| 12:00pm | Large | | | | | | | |
| 4:00pm | Large | Spin Melissa | | | | Spin Melissa | | |
| 5:00pm | Large | Muscle Fit Erica | Zumba Bronwyn | Muscle Fit Erica | Zumba Bronwyn | | | |
| 6:00pm | Large | Interval Training Erica | Kickboxing Sharra | Zumba Carrie | Kickboxing Sharra | | | |
| 7:00pm | Large | | | Spin Erica | | | | |



