

TRAINING SESSIONS

2022 SEPTEMBER



LOCATION COLOR KEY

BASKETBALL COURT

MIND BODY ROOM

MOBILITY ROOM

REC POOL

TRAINING ROOM

CYCLE

MONDAY

5:30 am	50 min	HIIT	Michael M
6:00 am	50 min	PILATES	Kayleigh C
7:30 am	60 min	YOGA	Harsha G
7:30 am	40 min	CARDIO & CORE	Annie W
8:30 am	50 min	BOOTCAMP	Michael M
8:30 am	50 min	AQUA FIT	Annie W
8:45 am	45 min	FOREVER FIT	Victoria P
5:00 pm	50 min	SHRED20	Annie W
6:00 pm	45 min	MOBILITY YOGA	Annie W
6:45 pm	50 min	INTRO TO JAZZ	Kimberly P

TUESDAY

5:30 am	50 min	HIIT	Victoria P
6:00 am	45 min	RIDE TO RHYTHM	Kimberly P
8:30 am	50 min	TABATA HIIT	Victoria P
5:00 pm	50 min	BOOTCAMP	Michael M
5:30 pm	50 min	AQUA HIIT	Annie W
6:00 pm	45 min	YOGA PUMP	Michael M
6:00 pm	50 min	ZUMBA	Kimberly P
6:45 pm	50 min	POWER LEGS	Annie W

WEDNESDAY

5:30 am	50 min	BOOTCAMP	Michael M
6:00 am	50 min	BARRE	Kayleigh C
6:30 am	50 min	SHRED20	Annie W
7:30 am	60 min	YOGA	Harsha G
8:30 am	50 min	BOOTCAMP	Michael M
8:30 am	50 min	AQUA FIT	Annie W
8:45 am	45 min	FOREVER FIT	Victoria P
5:00 pm	50 min	HIIT	Victoria P
6:00 pm	40 min	RIDE TO RHYTHM	Kimberly P
6:15 pm	40 min	CARDIO & CORE	Kayleigh C
6:45 pm	50 min	PILATES FLOW	Kimberly P

THURSDAY

5:30 am	50 min	HIIT	Annie W
6:30 am	50 min	SHRED20	Annie W
8:30 am	50 min	HIIT	Victoria P
8:30 am	50 min	ZUMBA	Kimberly P
8:45 am	45 min	FOREVER FIT	Kayleigh C
9:30 am	45 min	MOBILITY YOGA	Kayleigh C
9:30 am	40 min	SPRINT CYCLE	Alondra R
5:00 pm	50 min	BOOTCAMP	Michael M
5:50 pm	50 min	SHRED20	Annie W
6:45 pm	45 min	MOBILITY YOGA	Annie W

FRIDAY

5:30 am	50 min	BOOTCAMP	Michael M
6:00 am	50 min	PILATES	Kayleigh C
7:00 am	50 min	BARRE	Kayleigh C
8:00 am	50 min	POP PILATES	Alondra R
8:30 am	60 min	SHRED20	Annie W
9:30 am	50 min	KILLER KETTLEBELLS	Michael M
9:30 am	50 min	AQUA FIT	Annie W

SATURDAY

9:00 am	50 min	HIIT	Victoria P/Annie W
10:00 am	30 min	ROLL & RECOVERY	Victoria P/Annie W

SUNDAY

8:00 am	60 min	YOGA	Alondra R
9:10 am	50 min	BARRE	Kayleigh C
9:30 am	40 min	RIDE TO RHYTHM	Kimberly P

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