

TRAINING SESSIONS

2023 DECEMBER



LOCATION COLOR KEY

BASKETBALL COURT

MIND BODY ROOM

MOBILITY ROOM

POOLS

TRAINING ROOM

CYCLE

MONDAY

	5:30am	50 min	WORK IT CIRCUIT	Michael M
	7:30am	75 min	YOGA	Harsha G
	8:30am	50 min	BOOTCAMP	Michael M
	5:00pm	50 min	HIIT	Caleb C

TUESDAY

	5:30am	50 min	HIIT	Caleb C
	6:50am	50 min	VINYASA YOGA	Kiran P
	8:30am	50 min	HIIT	Caleb C
	9:30am	45 min	CYCLE	Katherine W
	9:30am	45 min	FOREVER FIT	Caleb C
	5:00pm	50 min	HIIT	Victoria P
	6:00pm	50 min	GENTLE YOGA	Kiran P

WEDNESDAY

	5:30am	50 min	BURN	Michael M
	7:30am	75 min	YOGA	Harsha G
	8:30am	50 min	BURN	Michael M
	8:45am	45 min	FOREVER FIT	Victoria P
	9:30am	45 min	CYCLE	Katherine W
	5:00pm	50 min	HIIT	Caleb C

THURSDAY

	5:30am	50 min	HIIT	Victoria P
	6:00am	50 min	VINYASA YOGA	Kiran P
	8:30am	50 min	HIIT	Victoria P
	9:30am	45 min	CYCLE	Katherine W
	5:00pm	50 min	BOOTCAMP	Caleb C
	6:00pm	50 min	GENTLE YOGA	Kiran P

FRIDAY

	5:30am	50 min	BOOTCAMP	Michael M
	8:30am	50 min	STRICTLY STRENGTH	N/A
	8:45am	45 min	FOREVER FIT	Caleb C

SATURDAY

	9:00am	50 min	HIIT	Victoria P/Caleb C
	9:00am	50 min	YOGA	Kiran P

SUNDAY

	8:00am	60 min	YOGA	Alondra R
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THE ARDEN HILLS MOBILE APP

