



GROUP FITNESS SCHEDULE

Effective 4/17/23

908-689-9733

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			 GRIT Sarah 30 minutes	 sprint Sarah 30 minutes	 GRIT Sarah 30 minutes	 sprint Sarah 30 minutes	
8am	 ZUMBA Christina	YOGA Michele		 sprint 8:30am Sarah P 30 minutes			 sprint Kristan 30 minutes
9:15 am	 RPM Judy 45 minutes	 BODYPUMP Robin	 Marcia	 CORE Robin 30 minutes	 BODYPUMP Robin	 RPM Judy 45 minutes	 BODYPUMP 8:45am Liane 30 minutes
10:30am		 barre Katie 30 minutes	 RPM Robin 45 minutes	 SH'BAM Katie 45 minutes	 BODYFLOW Robin	 tone Katie 45 minutes	 BODYCOMBAT 9:30am Liane
Noon				 CHAIR YOGA Amber			

5:30pm			 RPM Judy 45 minutes	 GRIT Sarah 30 minutes	 BODYCOMBAT Judy		
6:30 pm		 BODYPUMP 6:15pm Marcia	 ZUMBA Christina	 sprint Kristan 30 minutes	YOGA Josephine		
7:30 pm		YOGA Marcia					

Like us on FACEBOOK for up to the minute schedule changes!

- Please bring your own **mat** to class
- Sign in with the Instructor for **CYCLING** classes to reserve your bike
- Arrive early to set up & wipe down any equipment