



GROUP EXERCISE & SPINNING

THREE SPRINGS ROAD

APRIL 2019

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am		Total Tabata Joy H Spin Joy G	Spin Joy H	Total Tabata Joy H Spin Joy G	Spin Joy H	Total Tabata Joy H Spin Joy G	
8:20-9:20 am		Power Up Joy G	RIPPED Ana	Power Up Allison	Spin Allison Tabata Strength Beth	F.I.T. Tina	Spin Chandler
9:30-10:30 am		Spin Tina	Yoga Sara	Spin Jennifer	Stretch and Flex Heather	Spin Tina	<u>Mind & Body</u> 4/6 Yoga w/ Sara 4/13 Stretch w/ Chandler 4/20 Yoga w/ Sara 4/27 Stretch w/ Chandler
4:30-5:30 pm		RIPPED Regina	Tabata Strength Beth		Step Beth	Pilates Rous	
5:30-6:30 pm		Spin Regina	Spin Beth	Zumba Grace	Spin Beth	F.I.T. Rous	

