



# GROUP EXERCISE & SPINNING

## THREE SPRINGS ROAD

### MAY 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	F.I.T. Tina		Spin Chandler
9:30-10:30 am		Spin Tina		Yoga Gracie	Spin Jennifer		Stretch and Flex Heather	Spin Tina		<u>Mind &amp; Body</u> 5/4 Yoga w/ Sara 5/11 Stretch w/ Chandler 5/18 Yoga w/ Sara 5/25 Stretch w/ Chandler
5:30-6:30 pm		Spin Regina		Spin Beth			Spin Beth	Grace Zumba	F.I.T. Rous	