

GROUPX

JUNE 2024 | STUDIO 2

MONDAY

9-9:50 a.m.
Strength & Cardio
(Kelly)

10:05-10:55 a.m.
Yoga
(Pat)

★ 11-11:50 a.m.
Zumba Gold
(Tina)

6-6:50 p.m.
Barre
(Adrian)

TUESDAY

5:30-6:30 a.m.
Cross-training
(Tracy)

8-8:40 a.m.
Express Pilates
(Taryn)

★ 9-9:50 a.m.
SCB - 50+
(Shelly)

10:05-10:55 a.m.
Barre & Core
(Adrian)

5:30-6:30 p.m.
Strength & Core
(Adrian)

7-7:50 p.m.
Yoga
(Dayna)

WEDNESDAY

8-8:50 a.m.
Zumba
(Kimberly)

9-9:50 a.m.
Cycle
(Adrian)

10:05-11 a.m.
Step & Sculpt
(Kelly)

5:30-6:15 p.m.
Pilates
(Taryn)

6:30-7:30 p.m.
Cross Training
(Tracy)

THURSDAY

5:30-6:30 a.m.
Cross-training
(Tracy)

8-8:40 a.m.
Express Pilates
(Taryn)

★ 9-9:50 a.m.
SCB - 50+
(Adrian)

10:05-10:55 a.m.
Barre and Core
(Megan)

6-6:50 p.m.
Cycle
(Tracy)

FRIDAY

9-9:50 a.m.
Strength
(Adrian)

10:05-10:55 a.m.
Yoga
(Dayna)

★ 11-11:50 a.m.
Zumba Gold
(Tina)

6-6:50 p.m.
Xtreme Hip Hop & Step
(Christi)

SATURDAY

7-7:50 a.m.
Xtreme Burn
(Christi)

8-8:50 a.m.
Yoga
(Dayna)

10-10:50 a.m.
Zumba
(Kimberly)

STUDIO 1

JUNE 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5-6 a.m.
Titan Shape
(Tania)

6-11 a.m.
Personal Training
(Elizabeth)

5-6 a.m.
Titan Shape
(Tania)

6-11 a.m.
Personal Training
(Elizabeth)

5-6 a.m.
Titan Shape
(Tania)

7-11 a.m.
Personal Training
(Elizabeth)

6-7 a.m.
Titan Shape
(Tania)

8-9 a.m.
Personal Training
(Tiffany)

6-7 a.m.
Titan Shape
(Tania)

8-9 a.m.
Personal Training
(Tiffany)

6-7 a.m.
Titan Shape
(Tania)

7-11 a.m.
Personal Training
(Elizabeth)

11:30 a.m.-12:30 p.m.
Personal Training
(Jonathan)

6-8 p.m.
Personal Training
(Tiffany)

11:30 a.m.-12:30 p.m.
Personal Training
(Jonathan)

6-8 p.m.
Personal Training
(Tiffany)

11:30 a.m.-12:30 p.m.
Personal Training
(Jonathan)

5-6 p.m.
Personal Training
(Jonathan)

6:30-7:30 p.m.
Titan Shape
(Tania)

5-6 p.m.
Personal Training
(Jonathan)

6:30-7:30 p.m.
Titan Shape
(Tania)