

# 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)

**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)

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

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

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

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

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