

IL Centro Group Fitness Class Schedule November 2020

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM-9AM							HYBRID 8:30AM-9:30AM La Blast with Jaime
9AM-10AM		9:30AM-10:30AM Gentle Yoga with Suzanne	HYBRID 9:30AM-10:30AM SoulFusion with Nikki		9:30AM-10:30AM Hatha Yoga with Michelle		
10AM-11AM						HYBRID 10AM-11AM Total Body Workout with Jaime	9:45AM-10:45AM Hatha Yoga with Michelle
11AM-12PM	11AM-12PM Gentle Yoga with Suzanne					11:15AM-12:15PM Vinyasa Yoga with Jeannie	11AM-12PM Total Body Workout with Rosalind
12PM-1PM				12PM-1PM Stay Well/ Chair Yoga with Jackie		OUTDOOR 11AM-11:45AM Spin+ with Jasmin	12PM-1PM Tai Chi with Rosalind
1PM-2PM						HYBRID 12PM - 1PM Strength Training with Jasmin	
2PM-3PM							
3PM-4PM			3:30PM-4:30PM Tai Chi with Rosalind				
4PM-5PM							
5PM-6PM	5PM-6PM Sculpt Yoga with Sophia	5PM-6PM Total Body Workout with Rosalind	5PM-6PM Total Body Workout with Rosalind		4:45PM-5:45PM Restorative Yoga with Sophia		
	OUTDOOR 5:30PM-6:15PM Intro to Spin with Nikki			HYBRID 5:45PM-6:45PM FitCulture Strength with Joey & Kara			
6PM-7PM	6PM-7PM Yin Yoga with Sophia	HYBRID 6PM-7PM Dance Fitness with Roseann	HYBRID 6:15PM-7:15PM Zumba with Anna	OUTDOOR 6PM-6:45PM Spin+ With Jasmin	OUTDOOR 5:30PM-6:15PM Spin With Stacy		
				6PM-7PM Vinyasa Yoga with Jeannie	5:45PM-6:45PM Stretch & Meditate with Sophia		
7PM-8PM	HYBRID 7PM-8PM LaBlast with Sophia	HYBRID 7PM-8PM LaBlast with Jaime	HYBRID 7:15PM-8:15PM Total Body Dumbbell AMPD with Nikki	HYBRID 7PM-8PM Zumba with Stacy	POOL 7PM-8PM LaBlast Splash with Sophia		
				OUTDOOR 7PM-7:45PM Spin+ With Jasmin			
8PM-9PM							