

Questions or Concerns? Contact FitnessStaff@nooksports.com RED Notates a Change

JUNE GROUP FITNESS SCHEDULE SCHEDULE SUBJECT TO CHANGE

Express Classes are 30 minutes
PUMP, COMBAT Classes are 55min (unless stated otherwise)
All other classes are 40-45 minutes

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	
9:15am	BODYPUMP	13	5:45am	Cycle Bootcamp- 45	Cycle	6:00am	HIIT Strength	13	9:15am	Sr. ZONE	Turf	5:30am	BODYPUMP	13	7:45am	Cycle Exp.	Cycle	9:15am	Cycle Bootcamp	Cycle	
9:15am	Rowing	Turf	9:00am	Nook Rx'd (\$5)	Sports Performance	9:15am	BODYPUMP	13	9:15am	Hybrid Cycle Exp.	Cycle	9:00am	Nook Rx'd (\$5)	Sports Performance	8:00am	The ZONE-45	Turf	9:15am	COMBAT-30	29	
10:15am	Flow	13	9:15am	Sr. ZONE	Turf	9:15am	Rowing	Turf	9:15am	HIIT Cardio	Turf	9:15am	BODYPUMP	13	8:10am	BODYPUMP - 45	13	9:45am	ATTACK-30	29	
10:15am	Sr Classic/Circuit-45	29	9:15am	Cycle-40	Cycle	10:15am	Pilates-45	13	10:00am	Yoga	29	9:15am	Cycle Bootcamp- 45	Cycle	8:30am	HIIT & HILLS	Cycle	10:15am	Flow	13	
11:05am	Sr Yoga-45	29	10:00am	Yoga	29	10:15am	Sr Drumming-45	29	10:00am	Nook Rx'd (\$5)	Sports Performance	9:15am	Rowing	Turf	9:00am	Nook Rx'd (\$5)	Sports Performance				
4:30pm	Pulse Cycle Exp.	Cycle	10:15am	PUMP Lite-45	13	11:05am	Sr Yoga-45	29	4:30pm	BODYPUMP	13	10:15am	Flow	13	9:10am	Flow Exp.	29				
5:15pm	BODYCOMBAT	29	4:30pm	BODYPUMP	13	4:30pm	Pulse Cycle Exp.	Cycle	5:15pm	Step Cardio	29	10:15am	BOOM Muscle- 45	29	9:15am	ZUMBA Dance	13				
5:15pm	BODYPUMP-45	13	5:30pm	Pilates Exp.	29	5:00pm	Yoga Exp.	Cycle	5:30pm	Cycle Exp.	Cycle	11:05am	Line Dancing-45	29	10:00am	BODYCOMBAT	29				
6:05pm	Pilates Exp.	13	5:30pm	HIIT Cardio	13	5:00pm	Nook Rx'd (\$5)	Sports Performance	5:45pm	COMBAT-30	29										
6:15pm	Cycle Bootamp	Cycle	5:30pm	Cycle Exp.	Cycle	5:15pm	BODYATTACK	29													
6:40pm	Yoga	13	6:10pm	Flow Exp.	29	5:30pm	BODYPUMP	13													
			6:15pm	ZUMBA Dance	13	6:05pm	Yoga	29													