GROUP EXERCISE SCHEDULE | DECEMBER 2018



Blue

Red

Indicates a Combo Class Option Indicates a class change (time, location, and/or name) **Class on Trial Basis** Green Turf-5 Beside Studio-29 Turf is located on the main fitness floor

Questions or Concerns? Contact Tammy at tammyp@nooksports.com

| | 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 | |
| 5:30am | BODYPUMP | 13 | 5:30am | Go! | 29 | 5:30am | BODYPUMP | 13 | 5:30am | CYCOLOGY | 29 | 5:30am | BODYPUMP | 13 | 7:35am | Go! | 29 | 8:50am | BODYPUMP | 13 | |
| 5:30am | Rowing 30 | Turf | 6:00am | Sunrise Yoga 45 | Green | 8:30am | BODYPUMP | 13 | 6:05am | GRIT Cardio | Turf | 8:30am | BODYPUMP | 13 | 7:40am | GRIT Strength | 13 | 10:00am | ATTACK | 13 | |
| 8:30am | BODYPUMP | 13 | 6:05am | Grit Strength | 13 | 9:15am | Grit Cardio | Turf | 8:30am | Sr Ride | 29 | 9:00am | Cycology | 29 | 8:15am | Go! | 29 | 10:00am | BODYFLOW | 29 | |
| 9:00am | Sr Circuit | 29 | 8:30am | Sr Rowing | Turf | 9:00am | Sr Classic | 29 | 8:30am | TONE | 13 | 9:15am | Rowing 30 | Turf | 8:15am | BODYPUMP | 13 | 4:00pm | GRIT COMBO |) 13 | |
| 9:15am | Grit Cardio | Turf | 8:30am | TONE | 13 | 9:30am | BODYPUMP | 13 | 9:00am | GRIT Cardio | Turf | 9:30am | BODYPUMP | 13 | 8:30am | Rowing 30 | Turf | | | | |
| 9:30am | BODYPUMP | 13 | 9:00am | Grit Strength | Turf 5 | 10:00am | BARRE | Green | 9:15am | Power Yoga | 13 | 10:00am | BARRE | Green | 8:50am | FLOW Exp. | 29 | | | | |
| 9:45am | FLOW Exp. | Turf | 9:15am | Power Yoga | 13 | 10:00am | POUND Lite | 29 | 9:15am | CYCOLOGY | 29 | 10:00am | POUND Lite | 29 | 9:20am | CXWORX | 13 | | | | |
| 9:50am | GO! | 29 | 9:15am | CYCOLOGY | 29 | 10:30am | Sr Yoga | 29 | 9:30am | Rowing 30 | Turf | 10:30am | Senior Yoga | 29 | 9:30am | TONE | 29 | | | | |
| 10:30am | BODYFLOW | 13 | 9:30am | Rowing 30 | Turf | 10:30am | BODYFLOW | 13 | 10:10am | CXWORX | 29 | 10:30am | BODYFLOW | 13 | 10:00am | COMBAT | 13 | | | | |
| 10:30am | Sr Yoga | 29 | 10:00am | FLOW Exp. | Turf | 4:30pm | ATTACK | 13 | 10:15am | BOOM Muscle | 13 | 5:30pm | BODYFLOW | 29 | 10:30am | Yoga | 29 | | | | |
| 4:30pm | COMBAT | 13 | 10:10am | CXWORX | 29 | 4:40pm | FLOW-45 | 29 | 10:45am | Line Dancing | 13 | 5:30pm | BODYPUMP | 13 | | | | | | | |
| 5:00pm | Rowing 45 | Turf | 10:15am | BOOM Move It | 13 | 5:30pm | BODYPUMP | 13 | 4:30pm | BODYPUMP | 13 | | | | | | | | | | |
| 5:30pm | BODYPUMP | 13 | 10:45am | PUMP Lite | 13 | 5:30pm | Grit Cardio | 29 | 4:45pm | Grit Cardio | 29 | | | | | | | | | | |
| 5:30PM | Grit Cardio | 29 | 4:30pm | BODYPUMP | 13 | 6:00pm | CXWORX | 29 | 5:35pm | Go! | 29 | | | | | | | | | | |
| 6:00pm | CXWORX | 29 | 5:35pm | GO! | 29 | 6:00pm | Rowing 45 | Turf | 5:40pm | COMBAT 45 | 13 | | | | | | | | | | |
| 6:00pm | BARRE | Green | 5:40pm | POUND | 13 | 6:40pm | Power Yoga | 13 | 6:05pm | FLOW Exp. | 29 | | | | | | | | | | |
| 6:40pm | Power Yoga | 13 | 6:05pm | FLOW Exp. | 29 | 6:45pm | Cycology | 29 | 6:30pm | BODYPUMP | 13 | | | | | | | | | | |
| 6:45PM | CYCOLOGY | 29 | 6:30pm | BODYPUMP | 13 | | | | 6:40pm | POUND | 29 | | | | | | | | | | |
| | | | 6:40pm | ZUMBA | 29 | | | | 7:30pm | Yoga | 13 | | | | | | | | | | |
| | | | 7:30pm | Yoga | 13 | | | | | | | | | | | | | | | | |