GROUP EXERCISE SCHEDULE | MAY 2019



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

Blue Indicates a Combo Class Option
Green 2nd Sunday of Each Month

Red Indicates a NEW class or change (time, location, or name)

Turf-5 Beside Studio-29

Turf is located on the main fitness floor

Highlighted Specialty Class-one time only on Date Specified!

	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	8:00am	GRIT Cardio	Turf	6:05am	GRIT Cardio	Turf	8:30am	BODYPUMP	13	8:00am	GRIT Combo	Turf	9:15am	Go!	29	
8:30am	BODYPUMP	13	6:05am	Grit Strength	13	8:30am	BODYPUMP	13	8:25am	TONE	13	9:00am	Cycology	29	8:15am	Go!	29	10:00am	BODYFLOW	29	
9:00am	Sr Circuit	29	8:25am	TONE	13	9:15am	Grit Cardio	Turf	8:30am	Sr. Ride	29	9:15am	Rowing 30	Turf	8:15am	BODYPUMP	13	10:00am	ATTACK	13	
9:15am	Grit Cardio	Turf	8:30am	Sr. Rowing	Turf	9:00am	Sr Classic	29	9:00am	GRIT Cardio	Turf	9:30am	BODYPUMP	13	8:30am	Rowing 30	Turf	11:00am	Grit Strength	13	
9:30am	BODYPUMP	13	9:00am	Grit Strength	Turf 5	9:30am	BODYPUMP	13	9:15am	Fitness Yoga	13	10:00am	BARRE	Green	8:50am	FLOW Exp.	29	<u>1:00pm</u>	Family Yoga	<u>13</u>	
9:45am	FLOW Exp.	Turf	9:15am	Fitness Yoga	13	10:00am	BARRE	Green	9:15am	CYCOLOGY	29	10:00am	POUND Lite	29	9:15am	Rowing 30	Turf				
9:50am	GO!	29	9:15am	CYCOLOGY	29	10:00am	POUND Lite	29	9:30am	Rowing 30	Turf	10:30am	Senior Yoga	29	9:20am	CXWORX	13				
10:30am	BODYFLOW	13	9:30am	Rowing 30	Turf	10:30am	Sr Yoga	29	10:10am	CXWORX	29	10:30am	BODYFLOW	13	10:00am	СОМВАТ	13	May	Pop-Up	Classes	
10:30am	Sr Yoga	29	10:00am	FLOW Exp.	Turf	10:30am	BODYFLOW	13	10:15am	BOOM Muscle	13	4:45pm	COMBAT 45	29	10:30am	Yoga	29	Trial	Power Pilates	29	
4:30pm	СОМВАТ	13	10:10am	CXWORX	29	4:30pm	ATTACK	13	10:45am	Line Dancing	13	5:30pm	BODYFLOW	29				8:30am	May	7th	
5:15pm	Rowing 30	Turf	10:15am	BOOM Move It	13	4:40pm	FLOW-45	29	4:30pm	BODYPUMP	13	5:30pm	BODYPUMP	13				10:45am	May	14th	
5:30pm	BODYPUMP	13	10:45am	PUMP Lite	13	5:30pm	BODYPUMP	13	5:00pm	Grit Cardio	Turf										
5:30PM	Grit Cardio	29	4:30pm	BODYPUMP	13	5:30pm	Grit Cardio	29	5:35pm	Go!	29										
6:00pm	CXWORX	29	5:35pm	GO!	29	6:00pm	CXWORX	29	6:05pm	FLOW Exp.	29							May	Specialty	Classes	
6:15pm	BARRE	Green	5:40pm	COMBAT 45	13	6:15pm	Rowing 30	Turf	6:30pm	BODYPUMP	13							May 5th	Holiday	45 min	
6:40pm	Fitness Yoga	13	6:05pm	FLOW Exp.	29	6:40pm	Fitness Yoga	13	6:40pm	Beyond the Barre	29							9:00am	Cinco de Cycle	29	
6:40PM	CYCOLOGY	29	6:30pm	BODYPUMP	13	6:40pm	Cycology	29	7:30pm	Yoga	13							May 24th	к & к	60 min	
			6:40pm	ROCK FIT	29													6:00pm	Pints & Poses	Atrium	
			7:30pm	Yoga	13																