## **GROUP EXERCISE SCHEDULE | JANUARY 2019**



Blue

Red

Indicates a Combo Class Option Indicates a class change (time, location, and/or name) Class on Trial Basis Turf-5 Beside Studio-29 Green 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	8:00am	GRIT Cardio	Turf	6:05am	GRIT Cardio	Turf	8:30am	BODYPUMP	13	7:40am	GRIT Strength	13	10:00am	АТТАСК	13
8:30am	BODYPUMP	13	6:05am	Grit Strength	13	8:30am	BODYPUMP	13	8:30am	Sr Ride	29	9:00am	COMBAT/ATTACK Alt.	Turf 5	8:15am	Go!	29	10:00am	BODYFLOW	29
9:00am	Sr Circuit	29	8:30am	Sr Rowing	Turf	9:15am	Grit Cardio	Turf	8:30am	TONE	13	9:00am	Cycology	29	8:15am	BODYPUMP	13	4:00pm	GRIT COMBO	13
9:15am	Grit Cardio	Turf	8:30am	TONE	13	9:00am	Sr Classic	29	9:00am	GRIT Cardio	Turf	9:15am	Rowing 30	Turf	8:30am	Rowing 30	Turf			
9:30am	BODYPUMP	13	9:00am	Grit Strength	Turf 5	9:30am	BODYPUMP	13	9:15am	Fitness Yoga	13	9:30am	BODYPUMP	13	8:50am	FLOW Exp.	29			
9:45am	FLOW Exp.	Turf	9:15am	Fitness Yoga	13	10:00am	BARRE	Green	9:15am	CYCOLOGY	29	10:00am	BARRE	Green	9:20am	CXWORX	13			
9:50am	GO!	29	9:15am	CYCOLOGY	29	10:00am	POUND Lite	29	9:30am	Rowing 30	Turf	10:00am	POUND Lite	29	9:30am	TONE	29			
10:30am	BODYFLOW	13	9:30am	Rowing 30	Turf	10:30am	Sr Yoga	29	10:10am	CXWORX	29	10:30am	Senior Yoga	29	10:00am	COMBAT	13			
10:30am	Sr Yoga	29	10:00am	FLOW Exp.	Turf	10:30am	BODYFLOW	13	10:15am	BOOM Muscle	13	10:30am	BODYFLOW	13	10:30am	Yoga	29			
4:30pm	СОМВАТ	13	10:10am	CXWORX	29	4:30pm	ATTACK	13	10:45am	Line Dancing	13	5:30pm	BODYFLOW	29						
5:00pm	Rowing 45	Turf	10:15am	BOOM Move It	13	4:40pm	FLOW-45	29	4:30pm	BODYPUMP	13	5:30pm	BODYPUMP	13						
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	4:40pm	ZUMBA	29									
6:00pm	CXWORX	29	5:35pm	GO!	29	6:00pm	CXWORX	29	5:35pm	Go!	29									
6:15pm	BARRE	Green	5:40pm	POUND	13	6:00pm	Rowing 45	Turf	5:40pm	COMBAT 45	13									
6:40pm	Fitness Yoga	13	6:05pm	FLOW Exp.	29	6:40pm	Fitness Yoga	13	6:05pm	FLOW Exp.	29									
6:40PM	CYCOLOGY	29	6:30pm	BODYPUMP	13	6:40pm	Cycology	29	6:30pm	BODYPUMP	13									
			6:40pm	ZUMBA	29				6:40pm	POUND	29									
			7:30pm	Yoga	13				7:30pm	Yoga	13									