## **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     |         |                    |        |          |               |        |         |            |        |