

GROUP EXERCISE SCHEDULE | JULY 2019



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

****Outside Location is Beside Sand Court-Close to Parking Lot for Classes going out in Nice Weather!**

Cat Walk-Upstairs
Green Studio-First Floor
Turf-5 Beside Studio-29
Turf- Main Fitness Floor

Orange

NEW Classes on Trial Basis

Blue

Indicates a 30-min Class for a Combo Option

Green

2nd Sunday of Each Month

Red

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

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	6:05am	Grit Strength	13	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	8:25am	TONE	13	8:30am	BODYPUMP	13	8:25am	TONE	13	9:00am	GO! 30	29	8:15am	Go!	29	10:00am	BODYFLOW	29
9:00am	GO!	29	8:30am	Sr. Rowing	Turf	9:15am	Grit Cardio	Turf	8:30am	Sr. Ride	29	9:00am	TRX Yoga-30	Green	8:15am	BODYPUMP	13	10:00am	ATTACK	13
9:15am	Grit Cardio	Turf	9:00am	Grit Strength	Turf 5	9:00am	POUND Lite	29	9:00am	GRIT Cardio	Turf	9:15am	Rowing 30	Turf	8:30am	Rowing 30	Turf	11:00am	Grit Strength	13
9:30am	BODYPUMP	13	9:00am	TRX-30	Green	9:30am	BODYPUMP	13	9:15am	Fitness Yoga	13	9:30am	BODYPUMP	13	8:50am	FLOW Exp.	29	1:00pm	Family Yoga	13
9:40am	Sr Classic	29	9:15am	Fitness Yoga	13	9:40am	Sr Circuit	29	9:15am	CYCOLOGY	29	9:30am	LaBlast	29	9:20am	CXWORX	13			
9:45am	FLOW Exp.	Turf	9:15am	CYCOLOGY	29	10:00am	BARRE	Cat Walk	9:30am	Rowing 30	Turf	10:00am	POUND Lite	29	10:00am	COMBAT	13			
10:30am	BODYFLOW	13	9:40am	Rowing 30	Turf	10:30am	Sr Yoga	29	10:10am	CXWORX	29	10:00am	BARRE	Cat Walk	10:30am	Yoga	29			
10:30am	Sr Yoga	29	10:10am	CXWORX	29	10:30am	BODYFLOW	13	10:15am	BOOM Muscle	13	10:30am	Senior Yoga	29						
4:30pm	COMBAT	13	10:15am	BOOM Move It	13	4:30pm	ATTACK	13	10:45am	Line Dancing	13	10:30am	BODYFLOW	13						
5:15pm	Rowing 30	Turf	10:45am	PUMP Lite	13	5:00pm	FLOW-45	Green	4:30pm	BODYPUMP	13	4:45pm	COMBAT 45	29						
5:30pm	BODYPUMP	13	4:30pm	BODYPUMP	13	5:30pm	BODYPUMP	13	5:00pm	Grit Cardio	Turf	5:30pm	BODYFLOW	29						
5:30PM	Grit Cardio	29	5:35pm	GO!	29	5:30pm	Grit Cardio	29	5:35pm	Go!	29	5:30pm	BODYPUMP	13						
6:00pm	CXWORX	29	5:40pm	COMBAT 45	13	6:00pm	CXWORX	29	6:05pm	FLOW Exp.	29							<u>July 4th</u>	<u>Special</u>	<u>Schedule</u>
6:00pm	TRX-45	Green	6:05pm	FLOW Exp.	29	6:00pm	Rowing 30	Turf	6:30pm	BODYPUMP	13							AM	Classes	Only!
6:40pm	Fitness Yoga	13	6:30pm	BODYPUMP	13	6:40pm	Fitness Yoga	13	6:40pm	Beyond the Barre	29									
6:40PM	CYCOLOGY	29	6:40pm	ROCK FIT	29	6:40pm	Cycology	29	7:30pm	Yoga	13							<u>July</u>	<u>Specialty</u>	<u>Class</u>
			7:30pm	Yoga	13													July 19th	Warriors &	Wine
																		6:00pm	Olympic	Hall