GROUP EXERCISE SCHEDULE | MARCH 2019

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

Blue — Indicates a Combo Class Option
Red — Indicates a class change (time, location, and/or name)
Green — Class on Trial Basis

Turf-5 Beside Studio-29
Turf is located on the main fitness floor

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 Combo	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	8:30am	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	9:15am	Grit Cardio	Turf	8:30am	TONE	13	9:15am	Rowing 30	Turf	8:15am	BODYPUMP	13	10:00am	ATTACK	13
9:15am	Grit Cardio	Turf	8:30am	TONE	13	9:00am	Sr Classic	29	9:00am	GRIT Cardio	Turf	9:30am	BODYPUMP	13	8:30am	Rowing 30	Turf			
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			
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	9:30am	TONE	29			
10:30am	Sr Yoga	29	10:00am	FLOW Exp.	Turf	10:30am	BODYFLOW	13	10:15am	BOOM Muscle	13	4:45pm	COMBAT 45	29	10:00am	COMBAT	13			
4:30pm	COMBAT	13	10:10am	CXWORX	29	4:30pm	ATTACK	13	10:45am	Line Dancing	13	5:30pm	BODYFLOW	29	10:30am	Yoga	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									