

GROUP EXERCISE SCHEDULE BEGINNING JUNE 25th , 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20 8:30-9:10 CAROLYN YELLOW STUDIO	ZUMBA 8:30-9:10 EFSUN YELLOW STUDIO	LOW IMPACT AEROBICS 8:30-9:10 MAUREEN YELLOW STUDIO	CARDIO INTERVALS 8:30 – 9:10 CINDY YELLOW STUDIO	SCULPT/TONE 8:30-9:10 CAROLYN YELLOW STUDIO
SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT (BANDS) 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	CHAIR ZUMBA 9:00-9:40 EFSUN BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO
PILATES 9:20-10:00 EFSUN YELLOW STUDIO	ZUMBA TONE 9:20-10:00 DOLANN YELLOW STUDIO	SCULPT/TONE 9:20-10:00 MAUREEN YELLOW STUDIO	ZUMBA 9:20-10:00 DOLANN YELLOW STUDIO	BARRE FUSION 9:20-10:00 CAROLYN YELLOW STUDIO
CHAIR YOGA PLUS 9:35-10:05 CINDY BLUE STUDIO	CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO	BALANCE YOGA 9:35-10:05 CINDY BLUE STUDIO	CHAIR PILATES 9:50-10:25 EFSUN BLUE STUDIO	STRETCH/MOBILITY 9:35-10:10 DOLANN BLUE STUDIO
WATER AEROBICS 10:10-10:50 EFSUN OUTDOOR POOL	AQUA ZUMBA 9:20-10:00 EFSUN OUTDOOR POOL AQUA PILATES 10:10-10:50 CAROLYN OUTDOOR POOL	ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	20/20 10:10-10:50 CINDY YELLOW STUDIO	AQUA PILATES 9:20-10 EFSUN OUTDOOR POOL AQUA ZUMBA 10:10-10:50 EFSUN OUTDOOR POOL	FACIAL YOGA 10:30-11:05 EFSUN BLUE STUDIO	WATER AEROBICS 10:10 – 10:50 CAROLYN OUTDOOR POOL
ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	CHAIR ZUMBA 10:10-10:50 DOLANN BLUE STUDIO	CHAIR PILATES 10:10-10:50 CAROLYN BLUE STUDIO	WATER AEROBICS 10:10-10:50 CAROLYN OUTDOOR POOL	CHAIR ZUMBA TONE 10:15-10:50 DOLANN BLUE STUDIO
CHAIR PILATES 11:00-11:40 EFSUN BLUE STUDIO	SCULPT FUSION 11:00-11:40 CAROLYN YELLOW STUDIO	SIT AND FIT 11:00-11:40 CAROLYN BLUE STUDIO	SCULPT FUSION 11:00-11:40 CAROLYN YELLOW STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO
BARRE YOGA 12:00-12:40 SANDEE YELLOW STUDIO	STRETCH/MOBILITY 11:00-11:40 DOLANN BLUE STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	CHAIR YOGA 11:10-11:40 CINDY BLUE STUDIO	SIT&FIT 11:10-11:40 CINDY BLUE STUDIO
GENTLE YOGA 12:50-2:00 SANDEE YELLOW STUDIO	SIT AND FIT 11:45-12:20 CAROLYN BLUE STUDIO	BARRE FUSION 11:50-12:30 CAROLYN YELLOW STUDIO	SIT AND FIT 11:45-12:20 CAROLYN BLUE STUDIO	CHAIR ZUMBA 11:45-12:25 DOLANN BLUE STUDIO
QI GONG 3:15-3:55 CARLOS BLUE STUDIO	YOGA SLOW FLOW 12:00-1:20 SANDEE YELLOW STUDIO	QI GONG 12-12:40 CARLOS BLUE STUDIO TAI CHI 12:45-1:25 CARLOS BLUE STUDIO	YOGA SLOW FLOW SANDEE 12:00-1:10 GENTLE YOGA 1:20-2:20 SANDEE YELLOW STUDIO	BARRE YOGA 12-12:40 SANDEE YELLOW STUDIO YOGA SLOW FLOW 12:50-2 SANDEE YELLOW STUDIO
TAI CHI 4:00-4:45 CARLOS BLUE STUDIO	PILATES 4:00-4:40 CAROLYN YELLOW STUDIO ROCK BOTTOM/FAB ABS CAROLYN 4:45-5:25	WATER AEROBICS 3:15-3:55 CAROLYN OUTDOOR POOL PILATES 4:05-4:45 CAROLYN YELLOW STUDIO	PILATES 4:00-4:40 CAROLYN YELLOW STUDIO ROCK BOTTOM/FAB ABS CAROLYN 4:45-5:25	QI GONG 1-1:40 CARLOS BLUE STUDIO TAI CHI 1:45-2:25 CARLOS BLUE STUDIO
SATURDAY			SUNDAY	
9:00-9:40 LOW IMPACT AEROBICS MAUREEN YELLOW			9:10-9:50 20/20 MONICA YELLOW STUDIO	
9:45-10:25 WATER AEROBICS MONICA OUTDOOR POOL			10:00-10:40 WATER AEROBICS WEIGHTS MONICA	
9:45-10:25 SCULPT/TONE MAUREEN YELLOW STUDIO			10:50-11:30 WATER AEROBICS NOODLES MONICA	
10:35-11:55 PILATES PLUS MONICA YELLOW STUDIO			10:00-11:20 YOGA FLOW SANDEE YELLOW STUDIO	