

September Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6:30 – 7:30 am Indoor Cycle and HIIT Whitney	6:30 – 7:30 am HIIT Mari	6:30 – 7:30 am Indoor Cycle and HIIT Whitney		6:30 – 7:30 am Indoor Cycle and HIIT Whitney	
Afternoon				11:15 – 12:00 pm Mindfulness/Yoga Rolf		
	12:00 – 12:30 pm Lunch Crunch Monquel	12:00 – 12:45 pm Kettlebells and Balls 12:45 – 1:15 pm Indoor Cycle Whitney	12:00 – 12:30 pm Lunch Crunch Monquel	12:00 – 12:45 pm Kettlebells and Balls 12:45 – 1:15 pm Indoor Cycle Whitney	12:00 – 12:30 pm Lunch Crunch 12:30 – 1:15 pm Indoor Cycle Whitney	
Evening			5:00 – 5:30 pm HIIT Monquel			
	5:45 – 6:45 pm Indoor Cycle Mari		5:30 – 6:30 pm Indoor Cycle Mari	5:45 – 6:45 pm Interval Training Mike/Mari	5:15 – 6:15 pm HIIT Monquel	