

October 2020

Group Fitness

All Classes take place in Health Club unless otherwise indicated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:15AM- X-Fit-TL 9AM- HIIT- AO	2 8:15AM—TRX—TL	3
4 8:15AM—TRX FIT—TL	5 9AM- Vinyasa Flow - KA 6PM—Strength—TL	6 8:15AM- X-Fit-TL 9AM- Spin- AO	7 7AM- Body Sculpt-AO 9AM- Yin Yoga- KA 6PM—SPIN CORE—TL	8 8:15AM- X-Fit-TL 9AM- HIIT- AO	9 8:15AM—TRX—TL	10 9:30AM-Spin/Core -AO
11 8:15AM—TRX FIT—TL	12 9AM- Vinyasa Flow-KA 6PM—Strength—TL	13 8:15AM- X-Fit-TL 9AM- Spin- AO	14 7AM- Body Sculpt- AO 9AM- Yin Yoga- KA 6PM—SPIN CORE—TL	15 8:15AM- X-Fit-TL 9AM- HIIT- AO	16 8:15AM—TRX—TL	17
18/25 8:15AM—TRX FIT—TL	19/26 9AM- Vinyasa Flow KA 6PM—Strength—TL	20/27 8:15AM- X-Fit-TL 9AM- Spin- AO	21/28 7AM- Body Sculpt 9AM- Yin Yoga- KA 6PM—SPIN CORE—TL	22/29 8:15AM- X-Fit-TL 9AM- HIIT- AO	23/30 8:15AM—TRX—TL	24 9AM-Pure Barre— PAVILION 9:30AM-Spin/Core -AO
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AO- Aoife O'Sullivan

KA-Kimberly Albuerne

TL-Tyrone Lindsey