

Weekly Group Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30am Spin (Stella/Kimberly)		6:00-6:45am Spin (Lundy) 8:30-9:30am Spin (Stella/Kimberly)		8:30-9:30am Spin (Stella/Kimberly)	8:00-9:00am Road Race Spin by appointment (Lundy)
		9:30-10:30am H.I.M. Cardio Circuit (Lundy)	8:30-9:30am H.I.M. Cardio Circuit (Brandon)	9:15-10:15am Spin (Lundy)	8:30-9:30am HIIT (Marc)	8:30-9:30am H.I.M. Bootcamp (Brandon)
	10:00-11:15am Yoga(Mia)		10:00-11:15am Yoga(Mia)			10:00-11:15am Yoga(Mia) by appointment
	10:00-11:00am H.I.M. Cardio Circuit@ISB(Lundy)		10:00-11:00am H.I.M. Core Conditioning @ ISB(Marc)	10:00-11:15am Yoga(Mia)@ISB	10:00-11:00am Step Aerobics@ISB (Frida)	
	5:30-6:30pm Zumba(Mandy)			6:30-7:30pm H.I.M. Cardio Circuit (Brandon)		



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