

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)
	9:00-10:15am Yoga (Mia)		10:00-11:15am Yoga (Mia) by appointment			10:30-11:45am 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)	6:00-7:00pm Akido(合气道) Jack: 13488763844	6:30-7:45pm Yoga (Mia)	6:30-7:30pm H.I.M. Cardio Circuit (Brandon)		



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