

Weekly Group Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am Spin by appointment	8:30-9:30am Spin (Stella/Kimberly)		6:00-6:45am Spin (Lundy) 8:30-9:30am Spin (Stella/Kimberly)		6:00-6:45am Spin (Lundy) 8:30-9:30am Spin (Stella/Kimberly)	7:30-8:30am Road Race Spin by appointment (Lundy)
	8:30-9:30am H.I.M. Cardio Circuit (Lundy)		8:30-9:30am H.I.M. Cardio Circuit (Brandon)		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)			
	10:00-11:00am H.I.M.Cardio Circuit@ISB		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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