

GROUP FITNESS SCHEDULE

JULY/AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15	6:30 - 7:15
Strength & Conditioning	Sunrise Yoga - Rooftop Cardio & Core - Studio	HIIT (High Intensity Interval Training)	Tone & Balance - Rooftop	Strength & Conditioning
11:30 - 12:15	11:30 - 12:15	11:30 - 12:15	11:30 - 12:15	11:30 - 12:15
Vinyasa Yoga	Bootcamp	Hatha Yoga	Bootcamp	Hatha Yoga