Group Training @The Club

MAY 06, 2024 - MAY 12, 2024

Goal 19: Reset, readjust, restart, refocus as many times as you need.

			OTHER			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAI	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO	CYCLE STUDIO
	6:00 - 7:00am	9:00 - 10:00am	6:00 - 7:00am	7:15 -7:45am	8:00 - 8:45am	9:00 - 9:45am
	CYCLE	CYCLE CIRCUIT	CYCLE	POWER CYCLE	CYCLE	CYCLE
	KIM	TIFFANY	KIM /	RETURNS 5/10/14	SANDRA	TIFFANY
	5:45-6:30pm					
	CYCLE)					
	KIM					
			STUDIO A			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		112511265711	7:30 - 8:30am			
			MAT PILATES Yoga Studio	! 		
	8:15 - 9:00am		8:00 - 9:00am	8:00 - 9:00am	8:00am - 9:00am	
	ONE MORE REP		STEP	CARDIO & STRENGTH	HATHA YOGA	
	TIFFANY		AMY	C.R.	IRINA	
	9:15 - 10:15am		9:05 - 10:05am	9:15 - 10:15am	IIXIIVA	
	CARDIO,CORE&STRENGTH		BODY CONDITIONING	ZUMBA		
	AMY		LINDA U	ERIN		
10:30 - 11:30am	7	10:30 - 11:30am	EII (B/ (G			
ACTIVE AGING		ACTIVE AGING				
ANN		SUZANNE				
		5:30 - 6:30pm	5:00 - 6:00pm			
		BARRE' FUSION	ZUMBA			
		IRINA	KRISTEN			
	6:45 - 7:30pm	6:45 - 7:30pm	6:15 - 7:00pm			
	TOTAL BODY STRENGTH		CARDIO & STRENGTH			
	KIM	KIM	SANDRA			
	BOXING ROOI	M BOO	CAMP ROOM	PICKLEBA	LL (PB) COURT	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			s required for all boxing of			
6:15 - 7:00am		6:15 - 7:00am		6:15 - 7:00am		8:00 - 8:45am
TABATA TRAINING		CIRCUIT STRIKE		BATTLE BOXING		BEST OF BOTH WORLD
LEXI		JASON		IRINA		MICHELE
9:30 - 10:30am		9:30 - 10:30am		10:30 - 11:30am	8:00 - 9:00am	
		TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
DTAL Training Bootcamp LINDA U						
LINDA U		TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
7:00 - 7:45pm		TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
7:00 - 7:45pm HIIT BOXING***		TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
7:00 - 7:45pm		TOTAL Training Bootcamp		TOTAL BODY RESET	TOTAL Training Bootcamp	
7:00 - 7:45pm HIIT BOXING***		TOTAL Training Bootcamp LINDA U	**YOGA STUDIO**	TOTAL BODY RESET KIM	TOTAL Training Bootcamp	
7:00 - 7:45pm HIIT BOXING***	TUESDAY	TOTAL Training Bootcamp LINDA U	*YOGA STUDIO**	TOTAL BODY RESET KIM	TOTAL Training Bootcamp	SUNDAY
T:00 - 7:45pm HIIT BOXING*** LEXI		TOTAL Training Bootcamp LINDA U	*YOGA STUDIO** THURSDAY	TOTAL BODY RESET KIM	TOTAL Training Bootcamp LINDA U	
LINDA U 7:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY	TUESDAY	TOTAL Training Bootcamp LINDA U ** WEDNESDAY	THURSDAY	TOTAL BODY RESET KIM	TOTAL Training Bootcamp LINDA U SATURDAY	SUNDAY
7:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am	TUESDAY 8:45 - 9:45am	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am	10:00 - 11:00am	TOTAL BODY RESET KIM ** FRIDAY 9:00 - 10:00am	TOTAL Training Bootcamp LINDA U SATURDAY 8:00am - 9:00am	SUNDAY 10:15 - 11:15am
T:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA	TUESDAY 8:45 - 9:45am YOGA	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:00am YOGA	TOTAL BODY RESET KIM ** FRIDAY 9:00 - 10:00am GENTLE YOGA	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
7:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am	TUESDAY 8:45 - 9:45am YOGA ANN	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am	10:00 - 11:00am	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES	TOTAL Training Bootcamp LINDA U SATURDAY 8:00am - 9:00am	SUNDAY 10:15 - 11:15am
MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:00am YOGA CHARLES	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
T:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY 6:30 - 7:30pm	### TUESDAY 8:45 - 9:45am	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:00am	FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY HATHA YOGA	8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
T:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY 6:30 - 7:30pm	### TUESDAY 8:45 - 9:45am	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:00am	FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY 6:30 - 7:30pm HATHA YOGA	8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY LEXI MONDAY ON ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY	8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS	TOTAL Training Bootcamp LINDA U ** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA	SATURDAY 8:00am - 9:00am HATHA YOGA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN
MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA JACLYN	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL***	TOTAL BODY RESET KIM FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY	SATURDAY SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K
MONDAY 200M ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY MONDAY MONDAY MONDAY 10:00 - 11:00am SLOW FLOW YOGA SUZY MONDAY	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL***	TOTAL BODY RESET KIM ** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 01:45am STRONG FLOW YOGA SUZY FRIDAY	SATURDAY SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY
MONDAY 6:30 - 7:30pm HATHA YOGA JACLYN MONDAY 9:00 - 10:00am	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY 9:00 - 10:00 am	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL***	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY FRIDAY 9:00 - 10:00 am	SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING BUBBLE	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY 9:00 - 10:00am
MONDAY 6:30 - 7:30pm HIT BOWNO*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA JACLYN MONDAY 9:00 - 10:00am AQUA FITNESS	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY WEDNESDAY 9:00 - 10:00 am AQUA FITNESS	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL***	FRIDAY FRIDAY FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY FRIDAY 9:00 - 10:00 am AQUA FITNESS	SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING BUBBLE COMING	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY 9:00 - 10:00am AQUA FITNESS
MONDAY 6:30 - 7:30pm HATHA YOGA JACLYN MONDAY 9:00 - 10:00am	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY 9:00 - 10:00 am	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL***	** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY FRIDAY 9:00 - 10:00 am	SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING BUBBLE	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY 9:00 - 10:00am
MONDAY 6:30 - 7:30pm HATHAY YOGA JACLYN MONDAY *** *** *** *** *** *** ***	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY TUESDAY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY 9:00 - 10:00 am AQUA FITNESS C.R	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL*** THURSDAY	FRIDAY FRIDAY FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY FRIDAY 9:00 - 10:00 am AQUA FITNESS	SATURDAY SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING BUBBLE COMING DOWN	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY 9:00 - 10:00am AQUA FITNESS
7:00 - 7:45pm HIIT BOXING*** LEXI MONDAY ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY 6:30 - 7:30pm HATHA YOGA JACLYN MONDAY 9:00 - 10:00am AQUA FITNESS	TUESDAY 8:45 - 9:45am YOGA ANN ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY TUESDAY	*** WEDNESDAY 8:45 - 9:45am SLOW FLOW VINYASA CAROL WEDNESDAY 9:00 - 10:00 am AQUA FITNESS C.R	THURSDAY 10:00 - 11:00am YOGA CHARLES 6:30 - 7:30pm VIN TO YIN RETURNS NEXT WEEK ***POOL*** THURSDAY	TOTAL BODY RESET KIM *** FRIDAY 9:00 - 10:00am GENTLE YOGA CHARLES ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY FRIDAY 9:00 - 10:00 am AQUA FITNESS POOL CLOSED	SATURDAY SATURDAY 8:00am - 9:00am HATHA YOGA STUDIO A W/IRINA SATURDAY WEATHER PERMITTING BUBBLE COMING DOWN	SUNDAY 10:15 - 11:15am HATHA-VINYASA BLEN NANCY K SUNDAY 9:00 - 10:00am AQUA FITNESS