

MAY

Group Exercise Schedule:

MONDAY	TUESDAY	WEDNESDAY
<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>9-10 am - GROUP FIGHT (Defend Together) with Tenco (Main Studio)</p> <p>10:15-11:15 am - Group Active with Tenco (Main Studio)</p> <p>12:45-1:45 pm - Forever Fit with Connie (Main Studio)</p> <p>5:30 - 6:30 pm - TRX with Suzanne (Main Studio)</p>	<p>9:30-10:30 am - GROUP POWER (Strength Train Together) with Janette (Main Studio)</p> <p>10:45-11:45 am - GROUP RIDE (Cycle Together) with Janette (RPM Studio)</p> <p>12:45-1:30 pm - Water Fitness with Tenco (Pool)</p> <p>5-6 pm - Zumba with Tenco (Main Studio)</p> <p>5:30 - 6 pm - R30 (Cycle 30 Together) with Janette (RPM Studio)</p> <p>6:15 - 6:45 pm - MOVE30 with Janette (Main Studio)</p> <p>6:30 -7:30 pm—Yoga with Kimi (Studio 2)</p>	<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>9-10 am - Yoga with Kimi (Main Studio)</p> <p>10:15-11:15 am - GROUP ACTIVE (Active Together) with Carrol (Main Studio)</p> <p>12:45-1:45 pm - Forever Fit with Connie (Main Studio)</p>
THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:30 am - GROUP POWER (Strength Train Together) with Carrol (Main Studio)</p> <p>10:45-11:45 am - GROUP RIDE (Cycle Together) with Carrol (RPM Studio)</p> <p>12:45-1:30 pm - Water Fitness with Tenco (Pool)</p> <p>5-6 pm - Zumba with Tenco (Main Studio)</p> <p>5:30 - 6 pm - R30 (Cycle 30 Together) with Janette (RPM Studio)</p> <p>6:15 - 6:45 pm - MOVE330 with Janette (Main Studio)</p>	<p>7:30-8:15 am - Water Fitness with Connie (Pool)</p> <p>9-10 am - GROUP FIGHT (Defend Together) with Tenco (Main Studio)</p> <p>9 - 10 am - Yoga with Kimi (Studio 2)</p> <p>10:15-11:15 am - GROUP ACTIVE (Active Together) with Janette (Main Studio)</p> <p>12:45-1:45 pm - Forever Fit with Connie (Main Studio)</p>	<p>8-9 am - Yoga with Kimi (Main Studio)</p> <p>9:15-10:15 am Pilates with Suzanne (Main Studio)</p> <p>10:30–11:30 am - Zumba with Janette (Main Studio)</p>