

# Group X Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>11:00-11:45 am <b>Core &amp; More</b> Patricia</p> <p>12:00-12:45 pm <b>Strength Training For All</b> Ann</p> <p>5:00-5:45 pm <b>Barre Assets</b> Jenne C.</p> <p>6:00-6:45 pm <b>Vinyasa Yoga</b> Natalya</p>	<p>11:00-11:45 am <b>Stretch &amp; Meditation</b> Shelley</p> <p>12:00-12:45 pm <b>Hatha Flow</b> Barbara</p> <p>5:30-6:15 pm <b>Zumba</b> Sally</p> <p>6:00-6:45 pm <b>Total Body HIIT</b> Laurie</p>	<p>11:00-11:45 am <b>Core &amp; More</b> Barbara</p> <p>12:00-12:45 pm <b>Strength Training For All</b> Joanne</p> <p>5:00-5:45 pm <b>Barre Assets</b> Jenne</p> <p>6:00-6:45 pm <b>Hatha Yoga</b> Patricia</p>	<p>11:00-11:45 am <b>Stretch &amp; Meditation</b> Shelley</p> <p>12:00-12:45 pm <b>Hatha Flow</b> Monica</p> <p>5:30-6:15 pm <b>Pop Pilates</b> Ailin</p>	<p>12:00-12:45 pm <b>Zumba</b> Talia</p> <p>5:00-5:45 pm <b>Vinyasa Yoga</b> Monica</p>	<p>8:45-9:30 am <b>Hatha Yoga</b> Barbara</p> <p>10:30-11:15 am <b>Pop Pilates/Barre</b> Sally/Jenne</p>	<p>9:00-9:45 am <b>Total Body HIIT</b> Joanne</p> <p>10:00-10:45 am <b>Vinyasa Yoga</b> Natalya</p>