



SCHEDULE EFFECTIVE MONDAY, SEPTEMBER 28, 2020

MAIN STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM							
9:30 AM	CARDIO CORE BARRE Judi	PILATES Amber	GRAVITY TRAINING DEMO 10:00 AM SEE RECEPTION TO BOOK			CARDIO CORE BARRE Judi	
12:00 PM	POWER FLEX Christopher	ZUMBA Heather		PILATES - MAT Aimee		POWER FLEX Christopher 11:30 AM	ZUMBA Livia 10:30 AM
5:30 PM	POWER FLEX Christopher	BOOTCAMP Corinna	YOGA Judi	POWER FLEX Christopher	CORE & MORE Christopher	KINDLY ADHERE TO THE BELOW: MASKS REQUIRED TO ENTER, SET UP & WHILE NOT PHYSICALLY WORKING OUT. NO ENTRY PAST 5 MIN AFTER START. YOGA: YOUR OWN MAT IS REQUIRED. ALL EQUIPMENT MUST BE SPRAYED/WIPED DOWN AND PUT AWAY ALL IN THE SAME SPACE AFTER EACH USE.	
7:00 PM	YOGA Jonny B		POWER PILATES Aimee				

TURF ZONE							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

CYCLING SCHEDULE EFFECTIVE AS OF MONDAY, SEPTEMBER 28, 2020							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		45 MIN Mahsa		45 MIN Amy			
9:30 AM		50 MIN Wendy				50 MIN Christopher	
12:15 PM			45 min Christopher				
5:30 PM							
6:00 PM							
6:30 PM				50 MIN Mahsa			

KINDLY AHDHERE TO THE FOLLOWING:
 MASKS REQUIRED TO ENTER/EXIT AND SET UP BIKES.
 SESSIONS ARE FIRST COME FIRST SERVED,
 NO ENTRY TO STUDIO PAST 5 MIN AFTER SESSION BEGINS.
 IT IS SUGGESTED THAT BIKES ARE CLEANED BEFORE & REQUIRED THAT BIKES BE CLEANER AFTER EACH SESSION.
PLEASE DO NOT MOVE BIKES.
 CHANGING BIKES AFTER START TIME IS NOT PERMITTED.