

## Group Exercise Schedule Spring 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 am	<b>Power Pumped</b> <i>Danielle</i>	<b>HIIT</b> <i>Tarajh</i>	<b>Sculpt &amp; Tone</b> <i>Danielle</i>	<b>Cardio Pumped</b> <i>Tarajh</i>	<b>Yoga</b> <i>Mimi</i>
9:00-9:45 am	<b>Pilates</b> <i>Rebecca</i>	<b>Barre</b> <i>Coy</i>	<b>Eccentrics</b> <i>Rebecca</i>	<b>Pound</b> <i>Coy</i>	<b>Pilates</b> <i>Mimi</i>
4:00-4:45 pm		<b>Stretch and Mobility</b> <i>Coy</i>			
5:30-6:15 pm		<b>Hip Hop</b> <i>Nhan</i>	<b>Yoga</b> <i>Brett</i>		

Spring Group Ex schedule will run from January 13<sup>th</sup> – May 9<sup>th</sup>