



## Class Schedule - August

Groups X class descriptions on back

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday
5:15 AM	cardio kickboxing	barbell blast		cardio kickboxing			cardio kickboxing	barbell blast		cardio kickboxing			cardio kickboxing			
6:00 AM	cardio kickboxing	cycle		cycle	cardio kickboxing		cardio kickboxing	cycle		cardio kickboxing	cycle		cycle	cardio kickboxing		
8:00 AM																yoga - warrior
8:30 AM	yoga - ocean			piyo			yoga - gentle waves			yoga			yoga - mountain			
8:45 AM																XTC cycle
9:30 AM																cardio kickboxing
10:30 AM																kids cardio box
11:30 AM																MMA
12 noon	cardio kickboxing	cycle		step or cardio blast	cycle	cardio kickboxing	cardio kickboxing	cycle		step or cardio blast	cycle	cardio kickboxing	cardio kickboxing	cycle		
4:30 PM	kids cardio box			kids cycle			kids cardio box			kids cycle			kids cardio box			
5:30 PM	cardio kickboxing	cycle	power hour	boot camp	Xtreme core yoga	kids cardio box	cardio kickboxing	cycle	step or cardio blast	piyo	interval blast	kids cardio box	cardio kickboxing	cycle	group x - friday surprise	
6:30 PM	cardio kickboxing	8th/22nd zumba	1st/15th/29th turbokick	barbell blast		cycle	cardio kickboxing	stability ball sculpt		cardio kickboxing	cycle	barbell blast	cardio kickboxing			
7:30 PM	MMA			cardio kickboxing			MMA			cardio kickboxing						

\* This class schedule is for the month of August. Classes and times are subject to change in order to meet the needs of members and staff.

\*\* Starting in September, for back-to-school, primetime morning group exercise classes will be at 8:30 and 9:30