



## Group Fitness Schedule

Cycle Zone
Group X - Turf
Barre Studio

### Monday

Cycling 5:15am-5:55am Jessica
Les Mills Grit Strength 6:00am-6:30am Jessica

Les Mills Body Pump 9:00am-10:00am Kristin
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HIIT, Glutes, & Core 4:15pm-5:15pm Bia
Barre 5:20pm-6:05pm Cheri
J60X - Kettlebells - Circuit Training 6:00pm-7:00pm Jessica

### Tuesday

Les Mills Tone 5:15am-5:55am Jessica
Strength & Core 6:00am-6:30am Jessica

Strength, Glutes, & Core 8:00-8:45 am Bia
Bia's Bootcamp 9:00am-10:00am Bia

Bia's Bootcamp 4:15pm-5:15pm Bia
TRX, Glutes & Core 5:20pm-6:05pm Brittany
Les Mills Body Pump 6:15pm-7:15pm Jessica

### Wednesday

Les Mills Body Pump 5:15am-5:55am Jessica
Cycling 5:15am-5:55am Laney
HIIT Boxing 6:00am-6:30am Jessica

TRX, Strength & Core 9:00am-10:00am Brittany
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HIIT, Glutes, & Core 4:15pm-5:15pm Bia
Barre 5:15-5:55pm Jessica
J60X - Kettlebells - Circuit 6:00pm-7:00pm Jessica

### Thursday

J60X - Kettlebells - TRX- Circuit 5:15am-5:55am Jessica
Strength & Core 6:00am-6:30am Jessica

Strength, Glutes, & Core 8:00-8:45 am Bia
Bia's Bootcamp 9:00am-10:00am Bia

Bia's Bootcamp 4:15pm-5:15pm Bia
Les Mills Grit 5:30pm-6:00pm Jessica
Cycling 6:10pm-6:55pm Jessica

### Friday

Cycling 5:15am-5:55am Jessica
Barre 5:15am-5:55am Emily
Core & Stretch 6:00am-6:30am Jessica

Les Mills Body Pump 9:00am-10:00am Tracy
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Friday Fitness Events 5:30pm-6:30pm MIX- TBD
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### Saturday

Les Mills Tone 7:00am-7:45am Jessica
J60 X 8:00am-9:00am Jessica
Cycling 8:00am-9:00am Aleigha
Yoga/Stretch 9:05am-9:25am Jessica
Les Mills Body Pump 9:30am-10:30am Aleigha/Jessica

### Sunday

Sunday Funday 8:00am-9:00am Jessica
Les Mills Body Pump 9:15am-10:15am Jessica
Les Mills Body Flow 10:20am-11:05am Jessica

We are a Silver Sneakers Gym - Call to setup Access!

Cycling Bikes and Class Equipment are open for use anytime there is not a class scheduled. Alley is open for use 24 hours.

Grapple House Mats are for Jitz Classes only. No shoes on mats anytime.

24 Hr Access to Gym/Alley Hours

Open Path Access or issues

574-309-5419



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Effective 4/15/2024