



# GROUP X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>6 A.M.</b> Spin <b>Amber</b></p> <p><b>9 A.M.</b> Yoga <b>Astryd</b> tribeCORE <b>Jen</b> ★ Ride 30 <b>Halsey</b> (30 min)</p> <p>★ <b>9:30 A.M.</b> Rhythm 30 <b>Halsey</b> (30 min)</p> <p><b>11 A.M.</b> AQUA-FIT <b>Kasondra</b> tribeFIT <b>Christie</b></p> <p><b>12 P.M.</b> Spin <b>Halsey</b> Flow Barre <b>Marilyn</b> Masters Swim <b>Scott</b></p> <p><b>5:30 P.M.</b> tribeFIT <b>Brandy</b> Group Power <b>Dana</b></p>	<p><b>8:30 A.M.</b> Yoga <b>Jean</b></p> <p><b>9:45 A.M.</b> Cardio Funk <b>Nate</b></p> <p><b>10:45 A.M.</b> Pilates II <b>Marilyn</b></p> <p><b>11 A.M.</b> L.I.I.T. <b>Jen</b></p> <p><b>12:15 P.M.</b> WARRIOR Rhythm <b>Ellen</b></p> <p><b>5:30 P.M.</b> Spin <b>Mary</b> Yoga <b>Astryd</b> WARRIOR ★ Strength <b>Elizabeth</b></p>	<p><b>6 A.M.</b> Spin <b>Kim</b></p> <p><b>9 A.M.</b> Hatha Yoga <b>Glen</b> Group Power <b>Nicole</b> tribeCORE <b>Jen</b></p> <p><b>11 A.M.</b> AQUA-FIT <b>Kasondra</b> Ellove <b>Chelsea</b> tribeFIT <b>Christie</b></p> <p><b>12 P.M.</b> Spin <b>Marilyn</b> ★ Masters Swim <b>Scott</b> Gentle Yoga <b>Tina</b></p> <p><b>5:30 P.M.</b> tribeFIT <b>Brandy</b> Group Power <b>Dana</b></p>	<p><b>8:30 A.M.</b> Yoga <b>Jean</b></p> <p><b>9:45 A.M.</b> Cardio Funk <b>Nate</b></p> <p><b>11 A.M.</b> Core &amp; Balance <b>Lori</b></p> <p><b>12:15 P.M.</b> WARRIOR Strength <b>Ellen</b></p> <p><b>5:30 P.M.</b> WARRIOR Rhythm <b>Amy</b> Ashtanga 75 <b>Jean</b> (75 min)</p>	<p><b>6 A.M.</b> Spin <b>Paul</b></p> <p><b>9 A.M.</b> Ashtanga <b>Matt</b> Spin 30 <b>Mary</b> (30 min)</p> <p><b>9:30 A.M.</b> GET PUMPED <b>Mary</b> (30 min)</p> <p><b>10:30 A.M.</b> Pilates II <b>Marilyn</b></p> <p><b>11 A.M.</b> AQUA-FIT <b>Kasondra</b> POUND <b>Mary</b></p> <p><b>12 P.M.</b> Spin <b>Ellen</b> Gentle Yoga <b>Tina</b> Flow Barre <b>Marilyn</b></p>	<p><b>9 A.M.</b> Group Power <b>Becca</b></p> <p><b>10:15 A.M.</b> Spin <b>Jen</b> ★ WARRIOR Strength <b>Christie/Amy</b></p> <p><b>10:30 A.M.</b> Vinyasa Flow <b>Tammy</b> (90 min)</p>
					<p><b>SUNDAY</b></p> <p><b>9 A.M.</b> Vinyasa Flow <b>Jean</b> (90 min)</p>

Locations: **Aquatics Center** **Spin Studio** **Functional Training Zone** **Mindbody Studio** **Studio 1**

New Class: ★