

# Group Fitness

	MON	TUES	WED	THURS	FRI
6:30am	Fusion Yoga	Cycle 45	Cardio 45	<b>NEW!</b> Boxfit 45	Early Bird X-Training
9:30am	Step/Pump/ Pilates	Pump/Total Body Conditioning	HIIT 60	Step/Pump/ Pilates	Functional Weights
9:30am	Aqua		Aqua		Aqua
10:30am				Fusion Yoga/Pilates	
11:00am	Healthy Heart Movers				Healthy Heart Movers
5:00pm	Teen Circuit 45				
5:30pm		Athletic Core Pilates			
6:00pm	Circuit X-Training	Step/Pump/Core	Circuit X-Training Pump/ Total Body Conditioning <b>NEW!</b> Boxfit 45	Functional Spin 60 Deep Water Running	
7:00pm			Athletic Core Pilates Stretch		

**SATURDAY CLASSES COMING SOON!**

