


# ATHLETICA

GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am	8:30 - 9:30 am Kick Get Fit Boot Camp - MICAH	8:30 - 9:30 am Get Fit Boot Camp- MICAH	8:30-9:30 am Mat Pilates-MIKO	8:30-9:30 am Endure -Yuri	8:30 - 9:30 am Kick Get Fit Boot Camp - MICAH	8:00-9:30 am Yin Yoga- Norma *Only 1st Saturday of every month	
9am	9:30 - 10:30 am Zumba -YESI	9:30-10:30 am Chisel N' Sculpt- Nadine	9:30-10:30 am Bounce and Barre- ABBIE	9:30 - 10:30 am Zumba- Yesi	9:30 - 10:30 am Killer B -Becca	9:30 -10:30 am Chisel N'Sculpt - Nadine	9:30 -10:30 am Barbell Blast - Pamala W.
10am	10:30 - 11:30 AM Strength- MICAH	10:30 - 11:45 AM Total Stretch- SEPTEMBER	10:30-11:30am Vinyasa Flow & Glow Ginny	10:45-12:00 pm Yoga Mix (Yin/Vinyassa)-PAM	10:30-11:30 Slow Flow Yoga-Ginny	10:30 - 11:30 am "Stretch-a-lates"- SEPTEMBER	10:30 - 11:45 am Power Yoga- PETER/GINNY
11am							11:45 -1:00 pm Yin Yoga- PETER/GINNY
12pm	12:30-1:30 pm SilverSneakers Classic -LYDIA S.		12:00- 1:00 PM Barbell Blast- FOTIS				
1pm			1:15-2:15 pm SilverSneakers Circuit- LYDIA S.				
2pm							
3pm							
4pm						4:30-5:30 pm Yin Yoga-GINNY	
5pm	5:30-6:30pm Kickboxing - Veronica	5:30 - 6:30 PM Get Ripped! -MICHELLE					
6pm	6:30-7:30 pm Mat Pilates- SEPTEMBER		6:30pm-7:30pm Ignite- Paola	6:30-7:30 pm Barre Pilates- SEPTEMBER	5:30-6:30 pm Get Ripped!-MICHELLE		
7pm	7:30 HIPHOP Classes with Roman Dance Hip Hop*PAID CLASS		7:30 HIPHOP Classes with Roman *PAID CLASS				
8pm							