


# ATHLETICA

GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am	6 am Rise n Grind		6 am Rise n Grind		6 am Rise n Grind		
8am	8:30 - 9:30 am Get Fit Boot Camp (Lower Body) -MICAHA	8:30 - 9:30 am Get Fit Boot Camp (Upper Body) - Alex	8:30-9:30 am Mat Pilates-MIKO	8:30-9:30 am Power Hour -Alexa	8:30 - 9:30 am Get Fit Boot Camp -MICAHA	8:30- 9:30 am Eleven Element w/Josh	
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 TRX *PAID (\$10) CLASS - Micah	9:30 -10:30 am Chisel N'Sculpt -Nadine	9:30 -10:30 am Barbell Blast -Pamala W.
10am	10:30 - 11:30 AM Strictly Strength- MICAHA	10:30- 11:30 am Meditative Self Defense - Athena	10:30-11:30am Vinyasa Flow & Glow Ginny	10:45-12:00 pm Yoga Mix (Yin/Vinyassa)- PAM	10:30-11:30 Zen Flow - Athena	10:30 - 11:45 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		5:00-6:00 pm Karate Combat Bootcamp PAID CLASS \$25 - Athina			
6pm	6:30-7:30 pm Mat Pilates- SEPTEMBER	6:30 -7:45 pm Total Stretch- SEPTEMBER	6:30- 7:30 pm Zumba - CECE	6:30-7:30 pm Barre Pilates- SEPTEMBER	5:30-6:30 pm Get Ripped!-MICHELLE		
7pm							
8pm							