



# ATHLETICA

HEALTH & FITNESS

GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am	8:30 - 9:30 am Get Fit Boot Camp -MICAHA	8:30 - 9:30 am Get Fit Boot Camp -MICAHA	8:30 - 9:30 am Mat Pilates -MIKO	8:30 - 9:30 am 3Max -DIANA	8:30 - 9:30 am Get Fit Boot Camp -MICAHA	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 -STACY R.	9:30 - 10:30 am Bounce and Barre -ABBIE	9:30 - 10:30 am Zumba -VICKY	9:30 - 10:30 am Cardio Interval Circuit -KAREN	9:30 - 10:30 am Chisel N' Sculpt -STACY R.	9:30 - 10:30 am Chisel N' Sculpt -KAREN
10am	10:30 - 11:30 am Strength -MICAHA	10:30 - 11:45 am Total Stretch -SEPTEMBER		10:30 - 11:45 am Yoga Mix (Yin/Vinyassa) -PAM		10:30 - 11:30 am "Stretch-a-lates" -SEPTEMBER	10:30 - 11:45 am Power Yoga -PETER
11am			11:00 - 12:00 pm Zumba -Melissa *Starting Jan. 5th			11:30 - 12:30 pm Zumba -Susan *Starting Jan. 8th	11:45 - 1:00 pm Yin Yoga -PETER
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 - 6:30 pm Get Ripped! -MICHELLE		5:30 - 6:30 pm Slow Flow Yoga -GINNY *Starting Jan. 6th	5:30 - 6:30 pm Get Ripped! -MICHELLE		
6pm	6:30 - 7:30 pm Mat Pilates -SEPTEMBER	6:30 - 7:45 pm Yoga -PETER	6:30 - 7:30 pm P90X Live -DIANA	6:30 - 7:30 pm Barre Pilates -SEPTEMBER			
7pm							