



GROUP EXERCISE SCHEDULE

REGULAR CLASS SCHEDULE - PLEASE VISIT THE MERCEDES CLUB+ APP FOR CURRENT CLASSES & TIMES

M	T	W	TH	F	SAT	SUN							
CYCLE* (45) SHAYNE	7:00AM C	BARRE* (45) ERIN	7:00AM Y	CYCLE* (45) BRIAN	7:00AM C	BARRE* (45) ERIN	7:00AM Y	PILATES (45) ERIN	7:30AM Y	TRX* (45) KIMBER	9:15AM BB	BARRE* (45) SARAH	9:15AM Y
BARRE BOOTCAMP* (45) JESSICA	12:15PM Y	INTENSE METCON (45) DECLAN	7:00AM BB	POWER SCULPT (45) SEAN	7:00AM M	INTENSE METCON (45) DECLAN	7:00AM BB	INTENSE METCON (45) DECLAN	12:15PM BB	BOXING* (45) JUSTIN	10:00AM B	CYCLE* (45) SHAYNE	9:15AM C
PILATES (45) ERIN	1:15PM Y	TREADSWEAT* (50) LISA	12:00PM FF	MELT (45) BLAYNE	12:15PM Y	BOXING* (45) JUSTIN	12:00PM B	BARRE BOOTCAMP* (45) JESSICA	1:15PM Y	BARRE* (45) ERIN	10:15AM Y	TOTAL BODY	10:15AM (45) SHAYNE M
HARDCORE (30) SEAN B.	6:00PM M	VINYASA YOGA (60) LESLEY	1:30PM Y	PILATES (45) BLAYNE	1:15PM Y	VINYASA YOGA (60) JAMES	1:15PM Y	VINYASA YOGA (60) SHAYNE	6:30PM Y	CYCLE* (45) JEANETTE	10:15AM C	BOXING* (45) JUSTIN	10:15AM B
BARRE* (45) AMY	6:15PM Y	PILATES (45) KIMBER	6:15PM Y	BARRE BOOTCAMP* (45) JESSICA	6:15PM Y	CYCLE* (45) BRIAN	6:15PM C			BRAZILIAN LOWER BODY BLAST* (45) MARIZETE	10:15AM M	MELT (45) BLAYNE	10:15AM Y
TOTAL BODY (45) SEAN B.	6:30PM M	CYCLE* (45) SHAYNE	6:15PM C	CYCLE* (90) LISA	6:15PM C	PILATES (45) TAYLOR	6:15PM Y			TOTAL BODY (45) JEANETTE	11:15AM M	DANCE! (60) SHAYNE	11:15AM M
BOXING* (45) ERICK	6:30PM B	TOTAL BODY (45) JEANETTE	6:30PM M	BOXING* (45) ERICK	6:30PM B	TOTAL BODY (45) JEANETTE	7:15PM M			PILATES (45) ERIN	11:15AM Y	PILATES (45) AMY	11:15AM Y
PILATES (45) AMY	7:15PM Y	VINYASA YOGA (60) SHAYNE	7:15PM Y	POWER SCULPT (45) JESSICA	7:15PM M	BARRE* (45) TAYLOR	7:15PM Y					STRETCH & RELAX (45) AMY	12:15PM Y
POWER SCULPT (45) TIFFANY	7:30PM M	BOXING* (45) ERICK	7:30PM B	YIN YOGA (60) DERRIC	7:15PM Y	THERAPEUTIC THURSDAYS* (60) DERRIC	8:15PM Y					VINYASA YOGA (60) JAMES	6:00PM Y
VINYASA YOGA (60) APRIL	8:15PM Y												

PLEASE NOTE THE FOLLOWING:

- SIGN UP REQUIRED FOR BARRE, BARRE BOOTCAMP, BOXING, CYCLE, BRAZILIAN LOWER BODY BLAST, TREADSWEAT, AND TRX. ALL OTHER CLASSES ARE FIRST-COME, FIRST-SERVED.
- SIGN-UP BEGINS 48 HOURS PRIOR TO THE START OF THE CLASS VIA OLS.
- PLEASE BE ON TIME FOR CLASS. EMPTY CLASS SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAIT-LIST AT THE START OF CLASS.
- EMPTY CYCLE BIKES ARE GIVEN AWAY 5 MINUTES PRIOR TO CLASS START TIME.
- BOXING GLOVES AND WRAPS WILL NOT BE PROVIDED. MEMBERS MUST BRING THEIR OWN.
- MEMBERS MUST WIPE DOWN THE EQUIPMENT THEY USE AFTER EACH CLASS.

CLUB HOURS

MONDAY	5:30AM - 10:00PM
TUESDAY	5:30AM - 10:00PM
WEDNESDAY	5:30AM - 10:00PM
THURSDAY	5:30AM - 10:00PM
FRIDAY	5:30AM - 9:00PM
SATURDAY	8:00AM - 8:00PM
SUNDAY	8:00AM - 8:00PM

LEGEND

C: CYCLE STUDIO
Y: YOGA STUDIO
M: MOVEMENT STUDIO
NT: NORTH TERRACE
PT: POOL TERRACE
B: BOXING STUDIO
BB: BASKETBALL COURT
FF: FITNESS FLOOR
ML: MEMBER LOUNGE
RED: INSTRUCTOR SUB
BLUE: OUTDOOR CLASS
*: DENOTES CLASS SIGN UP REQUIRED

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE

PLEASE CONTACT LISA GAUSEPOHL: LISAG@THEMERCEDESCLU

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