

# GROUP X



# SCHEDULE

## MONDAY

6:00AM Boom Fitness  
Maria S.

7:00AM Boom Fitness  
Maria S.

8:00AM Restorative Flow  
Natalia T.

9:00AM Power Core  
Holly B.

9:00AM Spin Rhythm Ride  
Meg M

10:30 AM Boom Fitness  
Maria S.

3:45 PM Jr. Training \$  
Maria S.

## TUESDAY

6:00AM Booty Burn  
Beth U.

7:00AM Climb & Sculpt  
Cheri T.

8:00AM Body Pump  
Meg M.

9:00AM Spin Rhythm Ride  
Meg. M.

9:00AM Yoga Flow  
Cheri T.

5:30PM Spin & Sculpt  
Holly B.

6:00PM New Year, New Strength \$  
Maria S.

## WEDNESDAY

6:00 AM Boom Fitness  
Maria S.

7:00 AM Boom Fitness  
Maria S.

8:00 AM Ananda Yoga  
Veena G.

9:00 AM Mat Pilates Flow  
Cheri T.

9:00 AM Spin Rhythm Ride  
Meg M

10:30 AM Boom Fitness  
Maria S.

## THURSDAY

6:00AM Booty Burn  
Beth U.

7:00AM Climb & Sculpt  
Cheri T.

8:00AM Body Pump  
Meg M.

9:00AM Spin Power Ride  
Sue K.

9:00AM Yoga Flow  
Cheri T.

6:00PM Strike Fitness \$  
Miki G.

## FRIDAY

6:00AM Boom Fitness  
Maria S.

7:00AM Boom Fitness  
Maria S.

7:30AM SPIN: Sculpt & Lift  
Linda M.

8:00AM Restorative Flow  
Natalia T.

9:00AM Power Core  
Holly B.

9:00AM Spin Power Ride  
Sue K.

10:30 AM Boom Fitness  
Maria S.

## SATURDAY

7:30AM Active HIIT  
Miki G.

8:30AM Spin Power Ride  
Meg M.

8:30AM BOCO: Booty|Core  
Cheri T.

9:30 AM Power Yoga  
Cheri T.

**SCAN or CLICK/HOLD TO SIGN UP**

**All participants must register**



# GROUP X



# SCHEDULE

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6:00AM Boom Fitness  
Maria S.

7:00AM Boom Fitness  
Maria S.

8:00AM Restorative Flow  
Judy G.

9:00AM Power Core  
Holly B.

9:00AM Spin Rhythm Ride  
Meg M

10:30 AM Boom Fitness  
Maria S.

3:45 PM Jr. Training \$  
Maria S.

## TUESDAY

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7:00AM Climb & Sculpt  
Cheri T.

8:00AM Body Pump  
Meg M.

9:00AM Spin Rhythm Ride  
Meg. M.

9:00AM Yoga Flow  
Cheri T.

5:30PM Spin & Sculpt  
Holly B.

6:00PM New Year, New Strength \$  
Maria S.

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Meg M.

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Cheri T.

9:30 AM Power Yoga  
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**All participants must register**

