

Fall 2023 Group Fitness Schedule

****Schedule subject to modification! For the most up-to-date schedule, go to IMLeagues****

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------|
| Grit w/ Sammie 7-7:30am Studio B | Power Up w/ Jessica 8-8:30am Studio A | Cycle w/ Erin S 7-7:45am Studio C | Grit w/ Sammie 7-7:30am Studio B | Grit w/ Sammie 9-9:30am Studio B |
| Yoga w/ Amber 7:30-8:30am Studio A | Cycle w/ Makenna 8-8:45am Studio C | Cycle w/ Madi 9-9:45am Studio C | Yoga w/ Hyla 10-11am Studio B | Yoga w/ Hyla 10:30-11:30am Studio B |
| BodyPump w/Jessica 9-10am Studio B | Yoga w/ Hyla 9-10am Studio B | Yoga w/ Maddy 10-11am Studio B | **Starts Week 2** Cycle w/ Marnie 12:30-1:15pm Studio C | Cycle w/ Zoe 12:30pm-1:15pm Studio C |
| Zumba w/ Elizabeth 5:30-6:30pm Studio B | **Starts Week 2** Cycle w/ Marnie 12:30-1:15pm Studio C | Yoga w/ Amber 1-2pm Studio B | Kickboxing w/ Tom 4-5pm Studio A | |
| Kickboxing w/ Tom 6:30-7:30pm Studio A | Zumba w/ Nicole 2-3pm Studio B | Ab Blast w/ Hank 5-5:30pm Studio B | Cycle w/ Makenna 4-4:45pm Studio C | |
| Yoga w/ Maddy 7-8pm Studio B | Cycle w/ Erin S 2:30-3:15pm Studio C | Zumba w/ Rachel 6-7pm Studio B | Ab Blast w/ Hank 5-5:30pm Studio B | |
| Cycle w/ Zoe 7:30-8:15pm Studio C | BodyPump w/ Zoe 6-7pm Studio B | Kickboxing w/ Tom 6:30-7:30pm Studio A | Zumba w/ Elizabeth 6-7pm Studio B | |