

Jan/Feb 2022

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	→HIIT ZONE Stacy	6:00→Bootcamp Derek	→HIIT ZONE Stacy				
8:00	★ BARRE-Michelle	8:15■Burn & Build Jordan	★BODY PUMP - Jamie	8:15■Burn & Build Jordan	★BODY PUMP -Courtney	YinYoga w/ Detox Candice	
8:00		8:30 SPLASH DANCE Pool - Michele				→HIIT ZONE Cristina	
9:00		→JUST STEP Kittrell begin1/18	★ Yoga POWER FLOW Lisa		★ Yoga POWER FLOW Lisa	★Basic Step/Sculpt Jesse	
9:00	■CardioParty-Jamie	★PIYO-Amber	■CardioParty-Jamie	★PIYO-Amber			9:00 →Bootcamp Polly begins1/16
10:00	★YogaGentleFlow- Tammy	★ Chair Yoga - Tammy	★55+ENERGIZE! Michele				2:00 ■Just Step -Kitrell begins1/16
2:00							
4:00	■Burn & Build Jordan						
4:30	★BODYPUMP-Jamie						2:30 DANCE FIT Kitrell begins1/16
5:00	★VFIT ages 5-11	★ VFIT ages 5-11	★VFIT ages 5-11	■Burn & Build Jordan			
5:00		■ H.I.I.T FIT Cristina	■CardioKick Jesse & Thalia				
5:30	■CardioKick Jesse & Thalia	★DANCE FIT - Caley	★ BODY PUMP -Courtney	→Bootcamp			
5:30	★ Yoga Flow -Courtnea	5:45-EZ AQUA Tone -Janet				★ One hour class →45 minute class ■30minute class	
6:00	■Sculpt Total Body Christina						