

Summer 2021

# GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	→HIIT ZONE Kristen		→HIIT ZONE Kristen			
8:00						→HIIT ZONE Kristen
8:00	★ BARRE-Michelle	→MAX BURN-Drew	→BOX/CORE-DREW	■Burn & Build Jordan	★BODY PUMP - Courtney	★BODY PUMP - Jamie
9:00		8:30 SPLASH POOL DANCE Michele	★ Yoga Flow - Lisa		★Yoga DETOX 26 -Lisa	■ VFIT AGES 5-11 BRITT
9:00	■CardioParty-Jamie	★PIYO-Amber	CardioParty-Jamie	★PIYO-Amber		9:15Kickbox Jesse
10:00	★YogaGentleFlow-Tammy	★ Chair Yoga - Tammy	★SILVER FIT Amber			9:45Sculpt Jesse
4:00	■Burn & Build Jordan					
4:30	★BodyPump-Jamie					
5:00	■ VFIT AGES 5-11 BRITT	■MAX BURN- Drew	■CardioKick-Jesse&Thalia	■Burn & Build Jordan		
5:30	■CardioKick-Jesse&Thalia	5:30 WATER FIT Janet	■ VFIT AGES 5-11 BRITT			
5:45		■Latin Jam- Jesse →HIIT Zone - Kristen	★ BODY PUMP Courtney	■Sculpt lower body -Jesse		★ One hour class →45 minute class ■30minute class
6:00	★YOGA PowerFlow-Courtnae	6:15 ■Sculpt Upper Body-Jesse		→BOX/CORE-DREW		
		Please keep checking schedule as changes may be necessary				