

August 2021

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	→HIIT ZONE		→HIIT ZONE Stacy			
7:30			7:30 TRX STRONG-Stacy			
8:00	★ BARRE-Michelle	■Burn & Build Jordan		■Burn & Build Jordan	★BODY PUMP - Courtney	→HIIT ZONE Cristina
9:00		8:30 SPLASH POOL DANCE Michele	★ Yoga FLOW - Lisa		★Yoga DETOX 26 - Lisa	★CardioBox/Sculpt Jesse
9:00	■CardioParty-Jamie	★PIYO-Amber	■CardioParty-Jamie	★PIYO-Amber		
10:00	★YogaGentleFlow-Tammy	★ Chair Yoga - Tammy	★ACTIVE & STRONG Amber			
4:00	■Burn & Build Jordan					
4:30	★BODYPUMP-Jamie					
5:00	■VFIT ages 5-11		■VFIT ages 5-11	■Burn & Build Jordan		
5:00		■ H.I.I.T FIT Cristina	■CardioKick-Jesse & Thalia	CardioParty-Jamie		
5:30	CardioKick-Jesse&Thalia	■LATIN JAM- Jesse	★ BODY PUMP- Courtney	■Sculpt lower body - Jesse		
5:30		5:30 WATER FIT Janet				
6:00	★YOGA PowerFlow-Courtnae	■Sculpt Upper Body-Jesse				★ One hour class →45 minute class ■30minute class