

July 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			7:30 TRX STRONG-Stacy			→HIIT ZONE Kristen
8:00	★ BARRE-Michelle	■Burn & Build Jordan		■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 BRITTANY
9:00	■CardioParty-Jamie	★PIYO-Amber	■CardioParty-Jamie	★PIYO-Amber		★9:15 CardioBox/Sculpt Jesse
10:00	★YogaGentleFlow-Tammy	★ Chair Yoga - Tammy	★SILVER FIT Amber			
4:00	■Burn & Build Jordan					
4:30	★BODYPUMP-Jamie					
5:00	■VFIT AGES 5-11 BRITTANY		■CardioKick-Jesse & Thalia VFIT ages 5-11 Brittany	■Burn & Build Jordan		
5:30	■CardioKick-Jesse&Thalia	■LATIN JAM- Jesse	★ BODY PUMP Courtney			
5:30		5:30 WATER FIT Janet				
6:00	★YOGA PowerFlow-Courtnae	■Sculpt Upper Body-Jesse		■Sculpt lower body -Jesse		★ One hour class →45 minute class ■30minute class