

# Sport Fit Group Exercise Schedule

*EFFECTIVE DECEMBER, 2020*  
**ALL CLASSES HELD ON BASKETBALL COURT**  
**UNLESS OTHERWISE NOTED**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yogalates 8:00-8:45am Laura <b>GROUP EX ROOM</b>	Yoga 8:00-8:45am Kate <b>GROUP EX ROOM</b>	Chair Sculpt 8:00-8:45 Lanie <b>HYBRID</b>	Yoga 8:00-8:45am Kate <b>GROUP EX ROOM</b>	Chair Sculpt 8:00-8:45am Lanie <b>HYBRID</b>		Yoga 8:30-9:30am Nellie <b>GROUP EX ROOM</b>
HIIT 9:00-9:45am Laura <b>HYBRID</b>	Sculpt N Abs 10:00-10:45am Edwidge	Step Jam 9:30-10:15am Gina <b>HYBRID</b>	 ZUMBA 9:00-9:45am Edwidge	ChoreoStep 9:30-10:15am Gina <b>HYBRID</b>	XY Workout 8:00-8:45am Kaite <b>HYBRID</b>	
Sculpt N Abs 10:00-10:45am Laura <b>HYBRID</b>	Weight Circuit 11:00-11:45am Gina <b>HYBRID</b>	Sculpt N Abs 10:15-11:00 Gina <b>HYBRID</b>	Sculpt N Abs 10:00-10:45am Edwidge	Booty Barre 10:15-11:00am Gina	Vinyasa Yoga 9am-10:00AM Kaite <b>GROUP EX ROOM</b>	
	Zumba 11:45-12:15 Gina		Weight Circuit 11:00-11:45am Gina <b>HYBRID</b>		Total Body Xtreme 10:00-10:45am Edwidge	
SPIN 9:00-9:45 Gina <b>SPIN ROOM</b>	SPIN 9:00-9:45 Laura	SPIN 6:00-6:45 Lo	SPIN 11:45-12:15 Gina			SPIN 9:30-10:15am Nellie
Total Body Xtreme 5:00-5:45pm Edwidge	Yoga 5:00-5:45pm Nellie <b>GROUP EX ROOM</b>	Total Body Xtreme 5:00-5:45pm Edwidge	Pilates 5:00-5:45pm Nellie <b>HYBRID</b>			
Body FIT 6:00-6:45pm Nellie <b>HYBRID</b>	Booty Blast 6:00-6:45pm Courtney <b>HYBRID</b>	HIIT 6:00-6:45pm Kaite <b>HYBRID</b>				
 ZUMBA 6:45-7:25pm Meko <b>Group Ex Room</b>		Yoga 6:50 -7:30 Kaite <b>GROUP EX ROOM</b>				
	Pilates 7:00-7:45pm Nellie <b>HYBRID</b>					
SPIN 7:30-8:15pm Courtney	SPIN 6:00-6:45pm Nellie	SPIN 7:30-8:15pm Courtney	SPIN 6:00-6:45pm Nellie			

Club Hours – 5am-11pm      Classes could be subject to change or cancelled due to inclement weather – A decision will be sent out by **Constant Contact, Sport Fit webpage and Sport Fit Group Exercise and Sport Fit Bowie Facebook pages** the night before for AM classes. PM class decision will be made at 3pm on the current day.

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Outdoor Pool Hours – 8am-8pm

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