



Sport Fit Group Exercise Schedule

Effective July 07, 2021

PLEASE NOTE WHERE YOUR CLASS IS HELD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 6:00-6:45am Nellie SPIN ROOM	Yoga 8:00-8:45am Lee GROUP EX ROOM	Chair Sculpt 8:00-8:45am Gina GROUP EX ROOM	Yoga 8:00-8:45am Lo GROUP EX ROOM	ChoreoStep 9:30-10:15am Gina GROUP EX ROOM	HIIT 9:00-9:45 Kaite GROUP EX ROOM	Yoga 8:30-9:30am Tracey GROUP EX ROOM
Yogalates 8:30-9:15am Laura GROUP EX ROOM	CrossFitX 10:00-10:45am Edwidge GROUP EX ROOM	Step Jam 9:30-10:15am Gina GROUP EX ROOM	 ZUMBA 9:00-9:45am Edwidge GROUP EX ROOM	Booty Barre 10:15-11:00am GROUP EX ROOM	Vinyasa Yoga 10:00-11:00am Kaite GROUP EX ROOM	
HIIT 9:30-10:15am Laura GROUP EX ROOM	Weight Circuit 11:00-11:45am Gina GROUP EX ROOM	Sculpt N Abs 10:15-11:00am Gina GROUP EX ROOM	CrossFitX 10:00-10:45am Edwidge GROUP EX ROOM		Total Body Xtreme Maxx 10:00-11:15 Edwidge \$\$\$\$	
Sculpt N Abs 10:30-11:15am Laura GROUP EX ROOM	Beginner Step 11:45-12:30pm Gina GROUP EX ROOM		Weight Circuit 11:00-11:45am Gina GROUP EX ROOM			
Spin 9:00-9:45am Gina SPIN ROOM	Spin 9:00-9:45am Laura SPIN ROOM	Spin 6:00-6:45am Nellie SPIN ROOM	Spin 12:00-12:45pm Gina SPIN ROOM		Spin 8:30-9:15 Ade SPIN ROOM	
Total Body Xtreme 5:00-5:45pm Edwidge GROUP EX ROOM	YOGA 5:00-5:45 Catherine GROUP EX ROOM	Total Body Xtreme 5:00-5:45pm Edwidge GROUP EX ROOM				
Body FIT 6:00-6:40pm Nellie GROUP EX ROOM		HIIT 6:00-6:45pm Kaite GROUP EX ROOM	Pilates 6:45-7:30pm Nellie GROUP EX ROOM			
 ZUMBA 6:45-7:25pm Meko GROUP EX ROOM		Yoga 6:45 - 7:30pm Kaite GROUP EX ROOM	Kickboxing Circuit 7:00-7:45pm Jaliyla IN THE BOX **Starts 8/5**			
	Pilates 6:45-7:30pm Nellie GROUP EX ROOM					
Spin 6:45-7:30pm Nellie SPIN ROOM	Spin 6:00-6:45pm Nellie SPIN ROOM	Spin 7:30-8:15-pm Kaite SPIN ROOM	Spin 6:00-6:45pm Nellie SPIN ROOM			

Club Hours : Monday – Friday 5:00am – 11:00pm, Saturday – Sunday 7:00am – 9:00pm

Updated 07/20/2021