



Group Exercise Schedule

Thanksgiving Day | Thursday, November 26, 2015

Time	Class	Instructor	Location
8:00am – 8:55am	Flow Yoga	Lisa	Group Studio A
8:00am – 8:55am	Spin	Neal	Group Studio B
8:00am – 8:55am	Zumba Gold	Andrea	Group Studio C
9:00am – 9:55am	NIA	Amy	Group Studio A
9:00am – 9:55am	Les Mills Bodypump	Laurie	Group Studio B
9:00am – 9:55am	Zumba	Jonelle	Group Studio C
10:00am – 10:55am	Flow Yoga	Natalie	Group Studio B
11:00am – 11:55am	Spin	Raul	Group Studio B

