

GROUP EXERCISE SCHEDULE

- All classes are subject to change
- All classes are an additional fee

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|-------------------|-------------------|-------------------|--------------------|-------------------|--------------------|
| 5:15-6:00AM | | X-Bike Genie | | X-Bike Genie | | |
| 6:15-7:00AM | | X-Bike Heather | | | | |
| 7:00-7:45AM | | | | X-Bike Heather | | |
| 8:30-9:15AM | X-Bike Heather | X-Bike Eleanor | X-Bike Eleanor | | X-Bike Eleanor | X-Bike Genie |
| 9:30-10:15AM | | | | | | |
| 11AM-12PM | | | | | | Tae Kwon Do Tom |
| 5:00-6:00PM | | Yoga Jen | | Yoga Jen | | |
| 6:00-6:45PM | X-Bike Judy | | X-Bike Judy | | | |
| 6:30-7:30PM | | | | Tae Kwon Do Tom | | |