

SDTRC Group Fitness	
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Total Body Sculpt w/ Paige 7-8am									
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM										
8:15 AM	Pilates Bar Fusion w/ Jen 8:30 - 9:20am				Strength, Stretch, Mobility w/ Shanna 9 - 10am		Pilates Bar Fusion w/ Jen 8:30 - 9:20am	Strength, Stretch, Mobility w/ Shanna 8:30-9:30am	"Lift" Strength w/ Serena 8:45-9:45am	
8:30 AM										
8:45 AM										
9:00 AM										
9:15 AM										
9:30 AM										
9:45 AM										
10:00 AM										
10:15 AM										
10:30 AM										
10:45 AM	Water Aerobics w/ Susanna 10-11am		Total Body Strength w/ MaryAnn 10-10:50am				Water Aerobics w/ Susanna 10-11am	Total Body Sculpt w/ Paige 9:45-10:45	Happy Back Yoga w/ Karen 10-11:15am	Iyengar Yoga All Levels w/ Patricia 10-11am
11:00 AM										
11:15 AM										
11:30 AM										
11:45 AM										
12:00 PM	Iyengar Yoga w/ Dan 12- 1pm		Pilates Semi Private w/ Carrie 12pm Pre-Reg. Req. \$		Pilates Semi Private w/ Chris 12pm Pre-Reg. Req. \$					
12:15 PM										
12:30 PM										
12:45 PM										
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4:45 PM										
5:00 PM	"Lift" Strength w/ Serena 4:30-5:15pm				Happy Back Yoga w/ Karen 4:30-5:45pm		"Lift" Strength w/ Serena 4:30-5:15pm			
5:15 PM										
5:30 PM										
5:45 PM										
6:00 PM										
6:15 PM	Strength & Endurance w/ Michelle 6-7pm						Strength & Endurance w/ Michelle 6-7pm			
6:30 PM										
6:45 PM										