EASTSIDE 2016/2017 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CardioFIT 8:15AM	SPINNING (Spinning Studio) 5:45AM		SPINNING (Spinning Studio) 5:45AM		
	SPINNING (Spinning Studio) 8:30 AM	RIPPED 8:30 AM	ZUMBA fitness 8:30 AM	BLAST 8:30 AM	PILOXING 8:30 AM	GROUP POWER 8:15 AM
	GROUP POWER 9:15 AM	YOGA/PILATES (Dance room) 8:30 AM	SPINNING (Spinning Studio) 8:40 AM	YOGA/PILATES (Dance room) 8:30 AM	SPINNING (Spinning Studio) 8:40 AM	SPINNING (Spin Studio) 8:30AM
	YOGA/PILATES (Dance room) 9:30 AM		PIYO STRENGTH 9:20 AM	RIPPED 9:30 AM	GROUP POWER 9:35 AM	Yoga/Pilate (Dance room) 9:20 AM
	Healthways SilverSneakers Fitness Program 10:30 AM	ZUMBA fitness 9:30AM	Healthways SilverSneakers Fitness Program 10:30 AM	ZUMBA fitness 10:40 AM	YOGA/PILATES STRENGTH (Dance room) 9:35 AM	POUND ROCKOUT. WORKOUT. 9:20 AM
	BLAST 4:25 PM	Healthways SilverSneakers Fitness Program Yoga 10:35 AM			Healthways SilverSneakers Fitness Program 10:45 AM	RIPPED 10:00 AM
RIPPED 3:45 PM	GROUP POWER 5:35 PM	GROUP POWER 4:25 PM	Turbo KICK 4:25 PM	GROUP POWER 4:25 PM		
	PILOXING 6:45 PM	RIPPED 5:35 PM	BLAST 5:35PM	Turbo KICK 5:35 PM (1/2 hr)		EASTSIDE Centre
	POUND ROCKOUT. WORKOUT. 7:30 PM	PIYO STRENGTH 6:45 PM	SPINNING (Spinning Studio) 5:35 PM	CIZE/Country Heat 6:05 PM (1/2 hr)		
			Yoga/Pilates (Dance room) 6:45 PM	RIPPED 6:45 PM		

Begins Jan. 1st, 2017