



Group Fitness Schedule, Block 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am	Vinyasa Yoga <i>Keeley</i>	Vinyasa Yoga <i>Caroline</i>	Vinyasa Yoga <i>Caroline</i>	Vinyasa Yoga <i>Keeley</i>	
11:00 – 11:50 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
*1:00 – 3:00 pm Aerial Silks <i>Emila</i>			1:00, Beginning 2:00, Open		1:00, Beginning 2:00, Open
3:15 – 4:15 pm	** Spinning <i>Sofie</i>		Grappling <i>Owen</i>		Grappling <i>Owen</i>
4:30 – 5:30 pm	Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Total Body Strength <i>Ella</i>	Body Weight Strength <i>Ella</i>	** Spinning <i>Sofie</i>
6:00 – 7:00 pm	Grappling <i>Owen</i>	Vinyasa Yoga <i>Daphne</i>		Ashtanga Yoga <i>Daphne</i>	
7:30 – 8:30 pm		Vinyasa Flow <i>Maggie</i>	Yoga <i>Keeley</i>	Kick/Boxing <i>Lennea</i>	
8:30 – 9:30 pm		Kick/Boxing <i>Lennea</i>			

* Aerial Silks classes are held in the Ritt Kellogg Climbing Gym (1:00 beginner, 2:00 open)

** First 8 participants only due to limited number of bikes