



Group Fitness Room Changes for August 20th – 27th

(Studio 2 CLOSED for floor refinishing)

MONDAY August 20 th	TIME	CLASS	UPDATE
	6:00 AM	NRG Step Interval	Moved to Studio 1
	9:30 AM	PiYo	Moved to the Auditorium
	10:45 AM	Zumba Gold	Cancelled
	1:00 PM	Better Balance (45 minutes)	Moved to Studio 1
	5:15 PM	Tune-Up (45 minutes)	Moved to the Auditorium
	6:30 PM	BODYATTACK (30)	Moved to Studio 1
	NEW start time: 7:05 PM (start was 6:15 PM)	BODYPUMP (30 minutes)	Studio 1 NEW start time (today only)
	7:00 PM	CXWORX	Cancelled
	NEW start time: 7:45 PM (start time was 7:35 PM)	Alignment Yoga	Moved to Studio 1 NEW start time (today only)

TUESDAY August 21 st	TIME	CLASS	UPDATE
	9:15 AM	BODYATTACK	Moved to Auditorium
	10:30 AM	CIZE	Cancelled
	2:00 PM	Gentle Yoga	Moved to Auditorium
	5:15 PM	CXWORX	Moved to Auditorium
	5:45 PM	BODYCOMBAT	Moved to Auditorium
	6:30 PM	CORE FOCUS	Moved to Studio 1
	7:00 PM	Zumba	Moved to Studio 1
7:45 PM	Cardio Step Intervals	Moved to Studio 1	

WEDNESDAY August 22 nd	TIME	CLASS	UPDATE
	5:15 AM	BODYPUMP (45)	Change to 45 min today only
	NEW start time: 6:15 AM (start was 6:00 AM)	NRG Step Interval (45)	Moved to Studio 1 NEW start time (today only)
	9:15 AM	BODYPUMP	Cancelled
	9:15 AM	BODYCOMBAT	Moved to Studio 1
	10:30 AM	Forever Young	Cancelled
	5:15 PM	Tune-Up	Moved to the Auditorium
6:15 PM	BODYATTACK (45)	Moved to the Auditorium	
7:00 PM	Power Yoga	Moved to the Auditorium	

THURSDAY August 23 rd	TIME	CLASS	UPDATE
	8:00 AM	PiYo	Moved to Auditorium
	9:15 AM	Cardio Step & Core	Moved to Studio 1
	10:45 AM	Better Balance	Moved to Studio 1
	2:00 PM	Gentle Yoga	Moved to Auditorium
	5:15 PM	BODYFLOW	Moved to Auditorium
6:30 PM	BODYCOMBAT	Moved to Auditorium	

FRI Aug 24 th	TIME	CLASS	UPDATE
	9:30 AM	Zumba	Moved to Auditorium
	12:00 PM	BODYFLOW	Moved to Studio 1

SAT Aug 25 th	TIME	CLASS	UPDATE
	8:00 AM	BODYATTACK (45 minutes)	Moved to Studio 1 (45 min today only)
	9:15 AM	High/Low Circuit	Moved to Auditorium
10:30 AM	Power Yoga	Moved to Auditorium	

SUN Aug 26 th	TIME	CLASS	UPDATE
	9:00 AM	BODYCOMBAT	Moved to Auditorium
10:15 AM	BODYFLOW	Moved to Auditorium	

Monday – August 27th – back to our regular August Schedule