

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	Strength Cardio-Gabee	Spin/Leg Day-Gabee	Barbells-Gabee (Upstairs Wt Rm)	Strength Cardio-Gabee			
5:30AM			H.I.I.T Intervals-Sharon		Matrix Ride-Sharon		
8:00AM		Matrix Ride Express-Amber		Matrix Ride Express-Amber		7am, Matrix Ride 8am, Bootcamp-Gabee 4/6 & 4/20	
8:30AM	Matrix Ride Express-Kristin	Cardio Kick-Amber	Total Body Intervals-Kristin	Cardio Kick-Kristin	Step and Tone-Kristin		
	Lower Body & Abs-Gabee	Upper Body and Circuits-Gabee	Full Body Bootcamp-Gabee	Upper Body and Cardio-Gabee	Lower Body & Abs-Gabee	Matrix Ride Express-Sharon	
9:00AM	Quick H.I.I.T-Kristin			Zumba 30-Kristin		Kickboxing-Sharon	Vinyasa Yoga-Mariann 9am, 4/7 & 4/21
9:30AM					Power Up-Jessica		
10:30AM		Mat/Core Pilates-Brenda		Mat/Core Pilates-Brenda	Silver Sneakers-Vicky		
11:00AM	Silver Sneakers-Debbie		Silver Sneakers-Debbie				
5:15PM	Kickboxing-Sharon			Barbell Intervals-Sharon			
5:30PM	Lower Body-Gabee	Spin/Upper Body-Gabee	Full Body Weight Training-Gabee				
5:45PM	Matrix Ride Express-Sharon			Matrix Ride Express-Sharon	6pm, Zumba-Jessica		
6:30PM		Vinyasa Yoga-Mariann		Vinyasa Yoga-Mariann			
7:15PM	Zumba-Jessica		Zumba-Jessica				

 Outdoors  Group X

No classes 1:00-5:00PM