

SUMMER B

GROUP EXERCISE SCHEDULE

EFFECTIVE: 6.28.21 - 8.6.21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am YOGA Danielle	7:30am F45 Michael & RJ	9:00am YOGA RJ	7:30am F45 Chris & Katlyn	9:00am YOGA Danielle	10:00am YOGA Jewel	
12:00pm F45 Michelle & Terrell	10:00am BARRE RJ	12:00pm F45 Gabriel & Katlyn	10:00am BARRE Michelle	12:00pm F45 Chris & Vicente		
12:00pm YOGA Mari	12:00pm CYCLE45 Kyra	12:00pm F45 Arman & Chris	12:00pm CORE30 Mari	5:00pm PILATES Michelle	6:00pm POWER YOGA Gabi	
4:30pm ZUMBA RJ	4:30pm YOGA Ryan	1:00pm NAPERCISE WHPS	12:00pm POWER YOGA Gabriel			
5:00pm ZUMBA Sarah	5:30pm CORE30 Ryan	4:00pm YOGA Mari	4:30pm CYCLE45 Stacey			
6:30pm BOOTCAMP Ryan	5:30pm F45 Ashley & Macy	5:00pm YOGA Jewel	5:30pm F45 Ashley & Michael			
7:00pm F45 Katlyn & Ashley	6:00pm POWER YOGA Hannah	6:30pm BOOTCAMP Ryan	5:30pm YOGA Jewel			
8:00pm YOGA NIDRA MEDITATION Gabi		7:00pm F45 Macy & Katlyn	6:00pm ZUMBA Sarah			
		8:00pm YOGA Hannah				

- RWC @ KNIGHTS PLAZA
- RWC F45 STUDIO
- RWC CYCLE STUDIO
- RWC GROUP EX STUDIO
- RWC @ DOWNTOWN UNIONWEST 2ND FLOOR