SUMMER A GROUP EXERCISE SCHEDULE

CLASSES RANGE FROM 45-55 MINUTES

EFFECTIVE: 5.16.22 - 6.24.22

**RWC @ MAIN CAMPUS**

**MONDAY**
- Cycle
  - 9:15am RJ
- Total Body Strength
  - 12:00pm Ashley A.
- Yoga
  - 3:00pm Damaris
- F45
  - 4:30pm Chris & Elliza
- Cycle
  - 5:45pm Ashley H.

**TUESDAY**
- F45
  - 9:15am Mackenzie & RJ
- Yoga
  - 10:00am Danielle
- Cycle
  - 12:00pm Emily
- F45
  - 5:15pm Dalexis & Gabi
- Hip Hop Cardio
  - 7:00pm Ashley H.

**WEDNESDAY**
- Bootcamp
  - 7:30am Gabi
- Barre
  - 9:15am Ashley A.
- Yoga
  - 12:00pm Kyra
- F45
  - 4:30pm Daniel & Dalexis
- Cycle
  - 5:45pm Britani
- Bounce! Trampoline
  - 6:45pm Ashley H.

**THURSDAY**
- Sunrise Yoga
  - 7:30am Danielle
- F45
  - 9:15am Monica & Sergio
- Cycle
  - 12:00pm Kyra
- F45
  - 5:15pm Gabi & Mackenzie
- Zumba
  - 7:00pm Ashley S.

**FRIDAY**
- Power Yoga
  - 12:00pm Danielle
- F45
  - 4:00pm Ashley H. & Elliza
- Cycle
  - 4:30pm Falencia
- F45
  - 5:15pm Ashley H.

**RWC @ DOWNTOWN - UNIONWEST 2ND FLOOR**

**MONDAY**
- Bootcamp
  - 5:30pm Ryan
- Yoga
  - 6:00pm Britani
- Bootcamp
  - 5:30pm Ryan
- Yoga
  - 6:00pm Britani
- Total Body Strength
  - 2:30pm Esperanza

**TUESDAY**
- Yoga
  - 6:00pm Britani

**WEDNESDAY**
- Bootcamp
  - 5:30pm Ryan

**THURSDAY**
- Yoga
  - 6:00pm Britani

**FRIDAY**
- Total Body Strength
  - 2:30pm Esperanza