



GROUP EX SCHEDULE

JULY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15am-6:15am *RISE & SHINE BC Senior Center Rochelle Duncan	7am-8am ABS-O-GLUTE-LY Group Ex Room Denise Barnett	5:15am-6:15am *RISE & SHINE BC Senior Center Rochelle Duncan	7am-8am ABS-O-GLUTE-LY Group Ex Room Denise Barnett	5:15am-6:15am *RISE & SHINE BC Senior Center Rochelle Duncan	9am-10am 3-2-1 BODY BLAST Group Ex Room Rochelle Duncan
	7am-8am MORNING YOGA Group Ex Room Denise Barnett	8am-9am TECHNO GYM Fitness Center Denise Barnett	7am-8am MORNING YOGA Group Ex Room Denise Barnett	8am-9am TECHNO GYM Fitness Center Denise Barnett	7am-8am MORNING YOGA Group Ex Room Denise Barnett	10am-11am WEEKEND YOGA Group Ex Room Lawren Mordica
	5pm-6pm *EVENING EDITION BC Group Ex Room Rochelle Duncan	1pm-1:45pm SS CLASSIC Senior Center Denise Barnett	5pm-6pm *EVENING EDITION BC Group Ex Room Rochelle Duncan	1pm-1:45pm SS CLASSIC Senior Center Denise Barnett	5pm-6pm *EVENING EDITION BC Group Ex Room Rochelle Duncan	
	6pm-6:30pm TOTAL CORE Group Ex Room Rochelle Duncan	6pm-7pm EVENING YOGA Group Ex Room Lawren Mordica	6pm-6:30pm TOTAL CORE Group Ex Room Rochelle Duncan	6pm-6:30pm EVENING YOGA Group Ex Room Lawren Mordica		
	6:40pm-7:25pm HIIT Group Ex Room Rochelle Duncan		6:40pm-7:25pm C&S CIRCUIT TRAINING Group Ex Room Rochelle Duncan	6:40pm-7:25pm HIIT Group Ex Room Rochelle Duncan		
					*** Fee Based Classes Registration Required	