

Group Ex Schedule October 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 8:30am		FitCardio - Mica	FitStrength - Lisa	FitCardio - Mica	FitStrength - Lisa	20/20/20 - Lisa	
Haven 8:30am			Gentle Yoga - Corrin			Gentle Yoga - Heidi	
Studio 9:45am		Cardio Bootcamp - Taylor	Bodypump - Deanna	HIIT IT - Deanna	Bodypump - Heidi	Athletic Training - Deanna & Taylor	Bodypump - Amelia
Haven 9:45am		Core Yoga - Christine	Bodyflow - Heidi		Multilevel Yoga - Jenny	Bodyflow - Heidi	Bodyflow - Adrienne & Renee
Loft 9:45am		Sprint - Deanna			Sprint - Deanna		Sprint - Paige & Kristen
Haven 10:45am				Flow/Stretch Yoga - Corrin			
Studio 12:00pm				BP/CX - Heidi			
Studio 1:00pm	Bodypump - Judson						
Haven 2:00pm	Holy Yoga - Kelly						
Studio 5:30pm		Bodypump - Heidi	Cardio Bootcamp - Taylor	Hardio Cardio - Paige	20/20/20 - Paige		
Haven 5:30pm					Gentle Yoga - Christine		
Studio 6:45pm		CXWorx - Heidi	Bodypump - Stephen	Bodypump - Taylor	CX/Stretch - Heidi		
Haven 6:45pm		Bodyflow - Adrienne	Gentle Yoga - Jenny	Flow/Stretch - Corrin	Bodyflow - Renee		
Loft 6:45pm		Sprint - Kristin		RPM - Kelly			