

Group Ex Schedule Indoors

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