

Group Ex Schedule November 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Court 5:30am			N10c - Annie		N10c - Annie		
Studio 8:30am		FitCardio - Mica	FitStrength - Lisa	FitCardio - Mica	FitStrength - Lisa	20/20/20 - Lisa	
Haven 8:30am			Gentle Yoga - Corrin			Gentle Yoga - Heidi	
Loft 9:00am							Sprint - Paige & Kristen
Haven 9:45am		Athletic Training - Taylor	Bodypump - Deanna	HIIT IT! - Deanna	Bodypump - Heidi	Bodycombat or Bodystep	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		
Haven 10:45am				Flow/Stretch Yoga - Corrin			
Studio 11:00am					Primetimer Yoga/Stretch or Balance		
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	Athletic Training - Paige	20/20/20 - Paige		
Haven 5:30pm					Gentle Yoga - Christine		
Loft 6:00pm		Sprint - Kristin		RPM - Kelly			
Studio 6:45pm		CX/Yoga - Heidi	Bodypump - Stephen	Bodypump - Taylor	CX/Yoga - Heidi		
Haven 6:45pm		Bodyflow - Adrienne	Gentle Yoga - Jenny	Flow/Stretch - Corrin	Bodyflow - Renee		