



## Group Exercise Schedule

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-7:30am		<b>Power Pump</b> Filomena 		<b>GET PHIIT</b> (Pilates High Intensity Interval Training) Filomena	<b>Spin</b> All Terrain Filomena 
11:30-12:15pm	<b>Power Pump</b> Filomena 	<b>SLL</b> (Strong/Long/Lean) Filomena 	<b>GET LIIT</b> (Low Intensity Interval Training) Marylin	<b>Power Pump</b> Filomena 	<b>Quick Fix Class</b> BLT - 30 min ABS -15 min Nichol
12:20-1:05pm	<b>GET SWIFT</b> (Spin Weights Interval Fun Training) Filomena 	<b>GET HIIT</b> (HIGH Intensity Interval Training) Martine	<b>Spin</b> All Terrain Filomena 		<b>Hatha Yoga</b> (12:20-1:20pm) Njambi 
1:10-2:10 pm	<b>Hatha Yoga</b> (1:10 – 2:10 pm) Njambi 			<b>Schedule Effective:</b> <b>Sept 30<sup>th</sup> to Dec 14<sup>th</sup>, 2019</b>	
4:30-5:00pm	<b>Absolute Abs</b> (4:30-5:00pm) Martine		<b>Get HIIT</b> (5:00-5:45 pm) (HIGH Intensity Interval Training) Eunice		
5:00-5:45 pm	<b>Spin – All Terrain</b>  (5:00-5:45pm) Martine				