

JUNE 2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a	<small>GROUP</small> POWER CARRIE		<small>GROUP</small> POWER ISABEL		CENTERGY TRACY	8:00a-8:45a	<small>GROUP</small> POWER rotating:
5:30a-6:15a		<small>GROUP</small> BLAST SAVANNAH		<small>GROUP</small> BLAST CARRIE			6 - NO CLASSES 13 - Carrie 20 - Isabel 27 - Isabel
8:00a-8:45a	<small>GROUP</small> BLAST TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> fight TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> BLAST TRACY		
9:15a-10:00a	Pilates/Barre ISABEL	<small>GROUP</small> CENTERGY TRACY	Chair Yoga TRACY	<small>GROUP</small> CENTERGY TRACY	Pilates/Barre ISABEL	9:00a-9:45a	<small>GROUP</small> BLAST rotating:
10:15a-11:00a	Chair Yoga ISABEL				Chair Yoga ISABEL		6 - NO CLASSES 13 - Carrie 20 - Savannah 27 - Savannah
12:15-12:45	THE H.I.I.T. PATRICK		THE H.I.I.T. PATRICK				
4:30p-5:15p		<small>GROUP</small> fight CARRIE	<small>GROUP</small> BLAST SAVANNAH	<small>GROUP</small> fight CARRIE			
5:30p-6:15p	<small>GROUP</small> BLAST JANELL	<small>GROUP</small> POWER JANELL		<small>GROUP</small> POWER JANELL			



Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a-6:15a		SPINNING SHANNON		SPINNING SHANNON			
8:25a-8:55a		SPINNING 30 MIN EXPRESS ISABEL		SPINNING 30 MIN EXPRESS ISABEL			
12:15p-12:45p		SPINNING 30 MIN EXPRESS ISABEL		SPINNING 30 MIN EXPRESS EMILY		9:00a-9:45a	SPINNING
5:30p-6:15p	SPINNING ISABEL/STEVEN		SPINNING SHANNON				6 - NO CLASSES 13 - Isabel 20 - Isabel 27 - Emily

Time	Monday	Tuesday	Wednesday	Thursday	Friday	AT RISK OF BEING CUT	
7:00a	AQUA FITNESS TRACY		AQUA FITNESS TRACY		AQUA FITNESS ISABEL	A NEW CLASS	
8:15a	AQUA FITNESS EMILY		AQUA FITNESS EMILY		AQUA FITNESS ISABEL	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Text @hpland or @hpaqua to 81010 to be notified about class changes. </div>	
11:30a	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS ISABEL		
4:30p							
5:00p		HIGH INTENSITY ISABEL					
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH				