


# AUGUST 2020

## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a-6:00a	<small>GROUP</small> <b>POWER</b> ISABEL		<small>GROUP</small> <b>POWER</b> ISABEL		<b>CENTERGY</b> TRACY	8:00a-8:45a	<small>GROUP</small> <b>POWER</b> rotating:
5:30a-6:15a		<small>GROUP</small> <b>BLAST</b> SAVANNAH		<small>GROUP</small> <b>BLAST</b> SAVANNAH			1 Carrie 8- Isabel 15- Tracy 22- Isabel
8:00a-8:45a	<small>GROUP</small> <b>BLAST</b> TRACY	<small>GROUP</small> <b>POWER</b> TRACY	<small>GROUP</small> <b>fight</b> TRACY	<small>GROUP</small> <b>POWER</b> TRACY	<small>GROUP</small> <b>CORE BLAST</b> TRACY		
9:15a-10:00a	<b>Pilates/Barre</b> ISABEL	<small>GROUP</small> <b>CENTERGY</b> TRACY	<b>Chair Yoga</b> TRACY	<small>GROUP</small> <b>CENTERGY</b> TRACY	<b>Pilates/Barre</b> ISABEL	9:00a-9:45a	
10:15a-11:00a	<b>Chair Yoga</b> Isabel	Senior Flex and Tone NICOLE		Senior Flex and Tone NICOLE	<b>Chair Yoga</b> ISABEL		
12:15-12:45	<b>THE H.I.I.T.</b> PATRICK		<b>THE H.I.I.T.</b> PATRICK		<small>GROUP</small> <b>CORE</b> ROTATING		
4:30p-5:30p		<small>GROUP</small> <b>fight</b> TRACY	<small>GROUP</small> <b>BLAST</b> SAVANNAH	<small>GROUP</small> <b>fight</b> TRACY			
5:15p-6:15p	<small>GROUP</small> <b>CORE BLAST</b> JANELL						
5:30-6:15p		<small>GROUP</small> <b>POWER</b> JANELL		<small>GROUP</small> <b>POWER</b> JANELL			
5:45p-6:15p							

## Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a-6:15a		<small>SPINNING</small> <b>SPINNING</b> SHANNON					
8:25a-8:55a		<small>SPINNING</small> <b>SPINNING</b> 30 MIN EXPRESS ISABEL		<small>SPINNING</small> <b>SPINNING</b> 30 MIN EXPRESS ISABEL			
12:15p-12:45p		<small>SPINNING</small> <b>SPINNING</b> 30 MIN EXPRESS EMILY				9:00a-9:45a	<small>SPINNING</small> <b>SPINNING</b>
5:30p-6:30p	<small>SPINNING</small> <b>SPINNING</b> STEVEN		<small>SPINNING</small> <b>SPINNING</b> SHANNON				1- Emily 8- Isabel 15 - Steven 22 - Isabel 29- Isabel

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