

JULY 2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a	GROUP POWER CARRIE		GROUP POWER ISABEL	GROUP CORE 5:10AM	CENTERGY TRACY	8:00a-8:45a	GROUP POWER rotating:
5:30a-6:15a		GROUP BLAST SAVANNAH		GROUP BLAST CARRIE			04 - NO CLASS 11 - Tracy 18 - Carrie 25 - Isabel
8:00a-8:45a	GROUP BLAST TRACY	GROUP POWER TRACY	GROUP fight TRACY	GROUP POWER TRACY	CORE/BLAST TRACY		
9:15a-10:00a	Pilates/Barre ISABEL	GROUP CENTERGY TRACY	Chair Yoga TRACY	GROUP CENTERGY TRACY	Pilates/Barre ISABEL	9:00a-9:45a	GROUP BLAST rotating:
10:15a-11:00a	Chair Yoga ISABEL	Senior Flex and Tone TRACY		Senior Flex and Tone TRACY	Chair Yoga ISABEL		04 - NO CLASS 11 - Tracy 18 - Carrie 25 - Savannah
12:15-12:45	THE H.I.I.T. PATRICK		THE H.I.I.T. PATRICK		GROUP CORE ROTATING		
4:30p-5:30p		GROUP fight CARRIE	GROUP BLAST CORE SAVANNAH	GROUP fight CARRIE			NEW CLASS
5:15p-6:15p	GROUP CORE BLAST JANELL				GROUP CORE		
5:30-6:15p		GROUP POWER JANELL		GROUP POWER JANELL			
5:45p-6:15p							

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 EMILY		SPINNING 30 MIN EXPRESS EMILY		9:00a-9:45a	SPINNING
5:00p-5:30p	SPINNING STEVEN		SPINNING SHANNON				04 - Isabel 11 - Isabel 18 - Isabel 25 - Emily
5:45p-6:15p	SPINNING ISABEL/STEVEN		SPINNING SHANNON				

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS TRACY		AQUA FITNESS TRACY		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a	AQUA FITNESS EMILY		AQUA FITNESS EMILY		AQUA FITNESS ISABEL	A NEW CLASS
11:30a	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS NICOLE	Text @hpland or @hpaqua to 81010 to be notified about class changes.
4:30p						
5:00p		HIGH INTENSITY NICOLE				
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH			