

SEPTEMBER 2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a	<small>GROUP</small> POWER ISABEL		<small>GROUP</small> POWER ISABEL		CENTERGY SHANNON	8:00a-8:45a	<small>GROUP</small> POWER rotating:
5:30a-6:15a		<small>GROUP</small> BLAST SAVANNAH		<small>GROUP</small> BLAST SAVANNAH			05 - Isabel 12 - Steven 19 - Isabel 26 - Carrie
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> CORE 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		
10:15a-11:00a	Chair Yoga ISABEL	Senior Flex & Tone NICOLE		Senior Flex & Tone NICOLE	Chair Yoga ISABEL		
4:30p-5:30p		<small>GROUP</small> fight TRACY	<small>GROUP</small> BLAST CORE SAVANNAH	<small>GROUP</small> fight TRACY			
5:30-6:15p	<small>GROUP</small> CORE 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		<small>SPINNING</small> SPINNING SHANNON					
8:25a-8:55a		<small>SPINNING</small> SPINNING 30 MIN EXPRESS ISABEL		<small>SPINNING</small> SPINNING 30 MIN EXPRESS ISABEL			
12:15p-12:45p		<small>SPINNING</small> SPINNING 30 MIN EXPRESS PATRICK				9:00a-9:45a	<small>SPINNING</small> SPINNING
5:30p-6:30p	<small>SPINNING</small> SPINNING STEVEN		<small>SPINNING</small> SPINNING SHANNON				05 - Isabel 12 - Steven 19 - Emily 26 - Isabel

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.
5:00p		HIGH INTENSITY NICOLE				
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH			