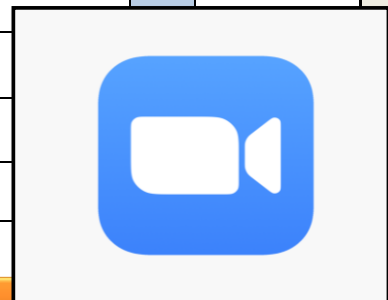


OCTOBER 2020

ZOOM Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a						8:00a-8:45a	GROUP POWER rotating:
5:30a-6:15a							
8:00a-8:45a			GROUP fight TRACY		GROUP CORE BLAST TRACY		
9:15a-10:00a	Pilates/Barre ISABEL	GROUP CENTERGY TRACY	Chair Yoga TRACY	GROUP CENTERGY TRACY	Pilates/Barre ISABEL		
10:15a-11:00a	Chair Yoga Isabel	Senior Flex and Tone TRACY		Senior Flex and Tone NICOLE	Chair Yoga ISABEL		
12:15-12:45							
4:30p-5:30p		GROUP fight CARRIE	GROUP BLASTCORE SAVANNAH	GROUP fightCORE TRACY			
5:15p-6:15p							
5:30-6:15p	GROUP CORE BLAST JANELL						
5:45p-6:15p							



Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a-6:15a							
8:25a-8:55a							
12:15p-12:45p						9:00a-9:45a	
5:30p-6:30p							

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a						AT RISK OF BEING CUT
8:15a						A NEW CLASS
11:30a						Text @hpland or @hpaqua to 81010 to be notified about class changes.
4:30p						
5:00p						
5:30p						