

DECEMBER 2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a	GROUP POWER ISABEL		GROUP POWER ISABEL		CENTERGY SHANNON	8:00a-8:45a	GROUP POWER rotating:
5:30a-6:15a		GROUP BLAST SAVANNAH		GROUP BLAST SAVANNAH			5- Isabel 12- Isabel 19- Isabel 26- Isabel
8:00a-8:45a	GROUP BLAST TRACY	GROUP POWER TRACY	GROUP fight TRACY	GROUP POWER TRACY	GROUP CORE BLAST TRACY		
9:15a-10:00a	Pilates/Barre ISABEL	GROUP CENTERGY 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 TRACY	GROUP BLAST CORE SAVANNAH	GROUP fight CORE TRACY			
5:15p-6:15p							
5:30-6:15p	GROUP CORE BLAST JANELL	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 EXORESS PATRICK				9:00a-9:45a	SPINNING
5:30p-6:30p	SPINNING ISABEL		SPINNING SHANNON				5- Isabel 12 - Emily 19 - Isabel 26-Isabel

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS TRACY		AQUA FITNESS NICOLE		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 NICOLE		AQUA ARTHRITIS NICOLE	<div style="background-color: yellow; padding: 10px; border: 1px solid black;"> <p>Text @hpland or @hpaqua to 81010 to be notified about class changes.</p> </div>
4:30p						
5:00p		HIGH INTENSITY NICOLE				
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH	HIGH INTENSITY NICOLE		