

JULY 2021

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a-6:00a			GROUP POWER ISABEL			8:00a-8:45a	GROUP POWER rotating:
5:30a-6:15a		GROUP BLAST SAVANNAH		GROUP BLAST SAVANNAH			03 - Isabel 10 - Steven 17 - Isabel 24 - 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		GROUP CENTERGY TRACY		GROUP CENTERGY TRACY	Pilates/Barre ISABEL		
10:15a-11:00a	Chair Yoga ISABEL	TAI CHI HENRY	Chair Yoga ISABEL	TAI CHI HENRY	Chair Yoga ISABEL		
12:15-12:45							
4:30p-5:30p		GROUP fight ISABEL		GROUP fight ISABEL			
5:00p-5:30p			GROUP CORE SAVANNAH				
5:30-6:15p		GROUP POWER ISABEL		GROUP POWER STEVEN			

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 PATRICK					9:00a-9:45a	SPINNING
5:00p-6:00p							03 - Isabel 10 - Steven 17 - Isabel 24 - Isabel
5:30p-6:30p	SPINNING ISABEL		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 ISABEL	VIRTUAL CLASS ON ZOOM®
11:30a	AQUA ARTHRITIS NICOLE		AQUA ARTHRITIS NICOLE		AQUA ARTHRITIS NICOLE	Text @hpland or @hpaqua to 81010 to be notified about class changes.
5:30p		HIGH INTENSITY NICOLE	AQUA FITNESS SAVANNAH			