

September 2023

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	8:00a	Saturday
5:15a	<small>GROUP</small> POWER ISABEL		<small>GROUP</small> POWER ISABEL				<small>GROUP</small> POWER
5:30a		<small>GROUP</small> BLAST CARRIE		<small>GROUP</small> BLAST CARRIE	<small>GROUP</small> CENTERGY SHANNON		02 - Isabel 09 - Isabel 16 - Isabel 23 - Isabel 30 - Isabel
8:00a	<small>GROUP</small> BLAST TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> fight TRACY	<small>GROUP</small> POWER TRACY			
9:15a		<small>GROUP</small> CENTERGY TRACY		<small>GROUP</small> CENTERGY TRACY	Pilates/Barre ISABEL		
10:15a-10:45a	Chair Yoga ISABEL	Tai Chi beginner HENRY	Sit & Tone ISABEL	Tai Chi beginner HENRY	Chair Yoga ISABEL		
10:45a		Tai Chi advanced HENRY		Tai Chi advanced HENRY			
4:30p		<small>GROUP</small> CENTERGY ISABEL	<small>GROUP</small> fight ISABEL	<small>GROUP</small> CENTERGY ISABEL			
5:30p		<small>GROUP</small> POWER STEVEN					
6:30 PM							

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a		SPINNING SHANNON		SPINNING SHANNON			
8:25a-8:55a		SPINNING 30 MIN EXPRESS ISABEL					
12:30p-1:00p			SPINNING 30 MIN EXPRESS NICOLE			9:00a	SPINNING
5:30p	SPINNING STEVEN/ISABEL		SPINNING SHANNON				02 - Isabel 09 - Isabel 16 - Isabel 23 - Isabel 30 - Isabel

Aqua Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	AT RISK OF BEING CUT
7:00a	AQUA FITNESS ISABEL		AQUA FITNESS ISABEL		AQUA FITNESS ISABEL	NEW CLASS!
8:15a			AQUA FITNESS NICOLE		AQUA FITNESS ISABEL	
11:30a	AQUA ARTHRITIS NICOLE		AQUA ARTHRITIS NICOLE		AQUA ARTHRITIS ISABEL	
5:30p	HIGH INTENSITY NICOLE					

Text
 @hpland or
 @hpaqua
 to 81010 to
 be notified about
 class changes.