

SDTRC Group Fitness	
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00 AM	HIIT w/ Paige 7-7:50am													
7:15 AM														
7:30 AM														
7:45 AM														
8:00 AM														
8:15 AM									Strength, Stretch, Mobility w/ Shanna 8:30-9:30am		"Lift" Strength w/ Serena 8:45-9:45am			
8:30 AM														
8:45 AM														
9:00 AM														
9:15 AM														
9:30 AM	Pilates Bar Fusion w/ Jen 9 - 10am				Strength, Stretch, Mobility w/ Shanna 9 - 10am		Pilates Bar Fusion w/ Jen 9:15 - 10am							
9:45 AM														
10:00 AM														
10:15 AM														
10:30 AM														
10:45 AM			Water Aerobics w/ Susanna 10-11am				Water Aerobics w/ Susanna 10-11am		Circuit Training w/ Paige 9:45-10:30		Happy Back Yoga w/ Karen 10-11:15am			
11:00 AM			Mat Pilates w/ Chris 11:11:50am				Mat Pilates w/ Carrie 11-11:50am							
11:15 AM														
11:30 AM														
11:45 AM														
12:00 PM	Iyengar Yoga w/ Dan 12-1pm		Pilates Semi Private w/ Carrie 12pm Pre-Reg. Req. \$		Pilates Semi Private w/ Chris/Carrie 12pm Pre-Reg. Req. \$		Iyengar Yoga All Levels w/ Lisa 12-1pm		Pilates Semi Private w/ Chris 12pm Pre-Reg. Req. \$					
12:15 PM														
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5:00 PM	"Lift" Strength w/ Serena 4:30-5:15pm				Happy Back Yoga w/ Karen 4:30-5:45pm		"Lift" Strength w/ Serena 4:30-5:15pm							
5:15 PM														
5:30 PM														
5:45 PM														
6:00 PM														
6:15 PM			Strength & Endurance w/ Michelle 6-7pm				Strength & Endurance w/ Michelle 6-7pm							
6:30 PM														
6:45 PM														