

SDTRC Group Fitness	
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Total Body Sculpt w/ Paige 7-8am						
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	Total Body Strength w/ MaryAnn 10-10:50am		Water Aerobics w/ Susanna 10-11am	Total Body Sculpt w/ Paige 9:45-10:45	Happy Back Yoga w/ Karen 10-11:15am
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM		Mat Pilates w/ Chris 11:11:50am		Mat Pilates w/ Carrie 11-11:50am			
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM	lyengar Yoga w/ Dan 12- 1pm	Pilates Semi Private w/ Carrie 12pm Pre-Reg. Req. \$	Pilates Semi Private w/ Chris/Carrie 12pm Pre-Reg. Req. \$	lyengar Yoga All Levels w/ Lisa 12- 1pm	Pilates Semi Private w/ Chris 12pm Pre-Reg. Req. \$		
12:15 PM							
12:30 PM							
12:45 PM							
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4:30 PM							
4:45 PM							
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							