



MAY 2024 SPRING GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|----------------------------|-----------------------------|---------------------------|-----------------------------|--------------------------|
| | <u>5:15a-SPRINT</u> | <u>5:15a-BODYPUMP 60</u> | <u>5:15a-CYCLE</u> | | |
| | <u>5:45a-CLUB 360 CORE</u> | | | | |
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| | <u>8:30a-CYCLE</u> | | <u>8:30a LM SPRINT</u> | | |
| <u>9:00a-BODYPUMP 45</u> | <u>9:00a-H.E.A.T.</u> | <u>9:00a-BODYCOMBAT 45</u> | <u>9:00a-LM SHAPES 45</u> | <u>9:00a-BODYPUMP 45</u> | <u>9:00a-BODYPUMP 60</u> |
| <u>9:50a-BODYBALANCE 45</u> | | <u>10:00a-YOGA</u> | | <u>9:50a-MAT PILATES 45</u> | |
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| <u>12:15p-SHAPES 35</u> | | <u>12:15p-YOGA</u> | | | |
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| <u>4:30p-BODYPUMP 45</u> | | <u>4:30p-BODYPUMP 45</u> | | | |
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| <u>5:30p-LM SPRINT</u> | <u>5:30p-BODYPUMP 60</u> | <u>5:30p-LM 30 ROTATION</u> | <u>5:30p-YOGA</u> | | |
| <u>6:00p-LM CORE</u> | | | | | |

****For REAL TIME daily class offerings, please check the ClubLife app to make your reservation. Class offerings can change based upon instructor availability.****