

Prime Time Athletic Club

Group Exercise Schedule

Studio 1

November 1, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00-9:00am Power Cardio Core Val				
9:00-10:00am Kick & Core Mary	9:00-10:00am Zumba Sandra	9:00-10:00am Cardio Flex Mary	9:00-10:00am Zumba Sandra	9:00 -10:00am Kick & Core Mary	9:00-10:00am Strong Karla	9:00-10:00am Body Conditioning Melinda
	10:15-11:15am Body Conditioning Mary		10:15-11:15am Body Conditioning Mary		10:30-11:30am Cardio Blast Chris	10:30-11:30am Cardio Blast Chris
					11:30-12:00pm Body Conditioning Chris	11:30-12:00pm Body Conditioning Chris
5:15-6:15pm Body Conditioning Melinda		5:00-6:00pm Body Conditioning Maria	5:15-6:15pm Body Conditioning Melinda			
6:30-7:30p Zumba Wendy	6:30-7:30p Power Cardio Core Val		6:30 - 7:30p Strong Karla	6:00-7:00pm Zumba Sandra		

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15 - 9:15am Power Blast Circuit (Tennis Court) Maria	

Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00-9:45 am Aqua Aerobics Kathleen		9:00-9:45 am Aqua Aerobics Maria		

View the Group Exercise Schedule anytime from your computer. Visit us on the web at:

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Studio 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45 am Spinning Tammy	9:00-9:45 am Spinning Mary	9:00-9:45 am Spinning Maria	9:00-9:45 am Spinning Mary	9:00-9:45 am Spinning Krishil	9:00-9:45 am Spinning Winnie	
	5:00-5:45pm Spinning Mary		5:00-5:45pm Spinning Mary			

Studio 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:45am Gentle Flow Kristina		9:30-11:00 am Vinyasa Yoga Kristina	9:00-10:00 am Barre Maria	10:00-11:30am Vinyasa Yoga Nicole	10:00-11:30pm Power Yoga Elena	10:00-11:30am Vinyasa Yoga Elena
6:30-7:30 pm Pilates Fusion Annge		6:00-7:00 pm Power Core Yoga Krishil	6:00-7:30 pm Vinyasa Yoga Ed			

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