# JANUARY

# PULSEology FITNESS CLUB

# Group X (Studio 1)

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | **5:30 AM** HIIT Strength (Brooke) | | |
| **7:30 AM** LesMills BODYPUMP (Pam) | **7:30 AM** LesMills tone (Pam) | **7:30 AM** LesMills BODYPUMP (Pam) | **7:30 AM** HIIT, CORE & RECOVERY (Pam) | | | |
| **8:30 AM** TABATA (Shelley) | **8:30 AM** KICKBOXING (Joy) | **8:30 AM** LesMills BODYPUMP (Tovah) | **8:30 AM** LesMills tone (Pam) | **8:30 AM** LesMills BODYCOMBAT (Tovah) | **8:00 AM** BUILD & BURN (Joy) | |
| **9:30 AM** TOTAL BODY TONE (Shelley) | **9:30 AM** ZUMBA (Patricia) | **9:30 AM** TABATA (Joy) | **9:30 AM** ZUMBA (Chikis) | **9:30 AM** LesMills BODYPUMP (Pam) | **9:00 AM** ZUMBA (Chikis) | |
| **10:30 AM** ZUMBA toning (Janine) | **10:30 AM** CORE IGNITE (Ryan) | **10:30 AM** Tone & Crunch (Joy) | | **10:30 AM** ZUMBA (Chikis) | **10:00 AM** LesMills BODYPUMP (ROTATING - SEE APP) | |
| **11:30 AM** SILVER SNEAKERS (Caroline) | **11:30 AM** SILVER SNEAKERS (Caroline) | | **11:30 AM** SILVER SNEAKERS (Ryan) | **11:30 AM** SILVER SNEAKERS (Caroline) | | |
| **3:30 PM** ZUMBA (Melissa) | | **3:30 PM** ZUMBA (Patricia) | | | | |
| | | **5:30 PM** LesMills BODYPUMP (Brooke) | | | | |
| **6:00 PM** LesMills BODYPUMP (Brooke) | **6:00 PM** Body Blast Bootcamp (Joy) | | | | | |

# JANUARY

## PULSEology FITNESS CLUB

## YOGA/SPIN (Studio 2)

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|-----|-----|-----|------|-----|-----|-----|
| **8:30 AM**<br>STRETCH & RECOVER (30 MINS)<br>(ALISON) | **8:30 AM**<br>VINYASA FLOW<br>(CAROLINE) | | **8:30 AM**<br>VINYASA FLOW<br>(CAROLINE) | | **8:00 AM**<br>FLOW & STRETCH<br>(JESSICA) | |
| **9:30 AM**<br>INSPIRED YOGA<br>(SOHEILA) | **9:30 AM**<br>CORE YOGA FLOW<br>(JESSICA) | **9:45 AM**<br>CYCLE<br>(JOE) | | | **9:30 AM**<br>BARRE & BEYOND<br>(DELANIE) | |
| | | | **10:30 AM**<br>ESSENTIAL YOGA<br>(SHAVON) | **10:30 AM**<br>CORE YOGA FLOW<br>(JESSICA) | **10:35 AM**<br>CYCLE<br>(DELANIE) | |
| | **5:00 PM**<br>MAT PILATES<br>(SHEA) | | | **5:30 PM**<br>CYCLE & SCULPT<br>(DELANIE) | | |
| **6:00 PM**<br>FLOW & STRETCH<br>(BENEDICTE) | **6:00 PM**<br>RESTORATIVE CANDLELIGHT YOGA<br>SHEA) | | | | | |