



















GROUP FITNESS SCHEDULE COMMUNITY CORNERS (April 3rd 2017-July 2nd 2017)

Community Corners

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	 Mary 5:45am	 Sarah	 Mary	 Rosie				
9:00am	CYCLING 8:50am Paul	 Priscilla	 Melissa W.	 Monica	CYCLING 8:50am Paul	9:00am	 Charity 9am	BOOTCAMP Mark
10:00am	IYENGAR YOGA (75 min) Kathy	GENTLE KRIPALU 10:30am (75min) Jyoti	KRIPALU YOGA (75min) Jyoti	Anusara Elements Yoga 10:15am (75 min) Hilary	 Karyn	10:10am	 Lynn 10:10am	CYCLING 10:10am Melissa B.
12:00pm		PILATES Selina		MIDDAY POWER YOGA Erica	ISLAND BARRE Karyn (Fee & Sign up)	11:15am		Anusara Elements Yoga Hilary 11:15am (75 min)
4:30pm	 5:00pm (45min) Monica	 Karyn	ISLAND BARRE Karyn (Fee & Sign Up)	ALIGNMENT BASED VINYASA YOGA Tanya	 Monica	4:00pm & 5:15pm		Dance with Kurt (Fee & Sign Up) 4pm & 5:15pm
5:30pm	 5:45pm Monica	 Charity	 Express Monica (30min)	 Charity	 Karyn			
6:00pm			BOOTCAMP Mark					
6:30pm		BOXING (Fee & Sign Up)		BOXING (Fee & Sign Up)				
8:00pm		Dance with Kurt (Fee & Sign Up)						

