



## Re-Opening Group Ex Schedule

Effective June 6, 2020

### Monday

**8:30am – Muscle Mix** with Lori  
**6:30pm – Yoga** with Alicja

### Tuesday

**8:30am – Yoga** with Alicja  
**6:00pm – Spin** with Liz

### Wednesday

**8:30am – Spin** with Abby  
**6:00pm – Triple Threat** with Melissa

### Thursday

**8:30am – Pilates** with Lori  
**6:00pm – Spin** with Abby

### Friday

**8:30am – Mashup** with Lori

### Saturday

**8:30am – Triple Threat** with Lori  
**9:30am – Yoga** with Mary

### Sunday

**8:30am – Strength Intervals** with Melissa  
**9:30am Cardio Kick** with Liz