

MASTER'S WEEK 4/7 - 4/13



Master's Week

CYCLE | GROUP EXERCISE | ZEN
RESULTS | PUSH

SWIPE FOR TIMES >>

MASTER'S WEEK 4/7 - 4/13

CYCLE STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30a


CYCLE
Jennifer (45)

9:00a


CYCLE
Cynthia (45)


CYCLE
Tanya (45)


CYCLE
Cynthia (45)

LES MILLS
RPM
Marcy /
Jennifer S. (45)

10:00a

CYCLE / RPM
Mackenzie /
Cynthia (45)

AFTERNOON

5:30p


CYCLE
Susan (45)


CYCLE
Kim (45)

Master's
Week



MASTER'S WEEK 4/7 - 4/13

GROUP X STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:30a

**LES MILLS
BODYPUMP**
Jennifer S. (55)

**LES MILLS
BODYPUMP**
Jennifer S. (55)

5:45a

HIIT
Libby (40)

HIIT
Libby (40)

9:00a

**LES MILLS
BODYJAM**
Kim Jensen (55)

**LES MILLS
BODYPUMP**
Carrie W. (55)

**HIGH
AEROBICS**
Janie (55)

**LES MILLS
BODYPUMP**
Emily (55)

**LES MILLS
BODYCOMBAT**
Lara (55)

**WERQ
ZUMBA** **LES MILLS
BODYJAM
HIGH AEROBICS**
(Alternating Classes)

10:00a

**LES MILLS
BODYPUMP**
Megan A. (55)

**LES MILLS
BODYPUMP**
Paula (55)

**MUSCLE &
GROOVE**
Kelly Richardson (55)

**LES MILLS
BODYPUMP**
Megan (55)

**LES MILLS
BODYPUMP**
Alt (55)

11:00a

**MUSCLE
WORKS**
Kelly Richardson (55)

AFTERNOON

4:30p

**LES MILLS
BODYPUMP**
Megan (55)

**LES MILLS
BODYPUMP**
Dana (55)

5:30p

**LES MILLS
BODYPUMP**
April (55)

LINE DANCING
Pam (60)

**LES MILLS
BODYCOMBAT**
Andria (45)

6:30p

ZUMBA
Alfred (55)

ZUMBA
Angie (55)

Master's
Week



MASTER'S WEEK 4/7 - 4/13

ZEN STUDIO



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MORNING

5:30a

SUNRISE SALUTATION
Diana E. (60)

SUNRISE SALUTATION
Diana E. (60)

SUNRISE SALUTATION
Diana E. (60)

SUNRISE SALUTATION
Diana E. (60)

SUNRISE SALUTATION
Diana E. (60)

8:00a

VINYASA FLOW
Rachel (55)

RISE & SHINE
YIN*
Grace. (55)

YOGA STRENGTH
& FLOW
Diana E. (55)

9:00a

PILATES
Jane (55)

LES MILLS
BODYBALANCE
Donna L. (55)

BARRELATES
Mary (55)

YOGA
Jessica Y. (55)

TOTAL BARRE
Mary (55)

TOTAL BARRE
Mary/Maria (60)

TOTAL BARRE
Aubrie S. (55)

10:00a

TOTAL
BARRE
Aubrie S. (55)

bootybarre
Jane (55)

LES MILLS
BODYBALANCE
Donna L. (55)

11:00a

YOGA
Paula (45)

S-T-R-E-T-C-H
& RELAX
Jane (55)

HOT
VINYASA
Diana (55)

HOT
VINYASA
Elsie (60)

12:00p

YIN YOGA
Diane (60)

12:30p

HOT
VINYASA
Elsie (60)

AFTERNOON

4:30p

PILATES
Jane (55)

5:30p

VINYASA FLOW
Tacha (60)

TOTAL BARRE
Maria (55)

YOGA
Grace (55)

6:00p

HOT VINYASA
Diane (60)

7:00p

HOT POWER
YOGA
Diane (60)

HOT YOGA
Pervin (60)

HOT VINYASA
Diane (60)

HOT YOGA
Pervin (60)

Master's Week



MASTER'S WEEK 4/7 - 4/13

RESULTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING

5:45a

 **HIIT**
Jovonna (40)

 **HIIT**
Libby (40)

8:00a

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Mary (60)

9:00a

 **BOOTCAMP**
Mary (60)

 **BOOTCAMP**
Kim (60)

 **HIIT**
Kari (60)

10:00a

 **BOOTCAMP**
Kim J (60)

 **BOOTCAMP**
Kim J (60)

 **BOOTCAMP**
Mary (60)

 **TABATA
BOOTCAMP**
Alt. (60)

EVENING

4:00p

4:30p

 **BOOTCAMP**
Kari (60)

5:00p

5:30p

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)

 **BOOTCAMP**
Jermel (60)



Master's Week

MASTER'S WEEK 4/7 - 4/13

PUSH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
5:00a	•• push fitness zone Mary (60)		•• push fitness zone Mary (60)		•• push fitness zone Mary (60)		
6:30a						•• push fitness zone Mary (60)	
8:00a		•• push fitness zone Kelly (60)		•• push fitness zone Mary (60)			
8:30a						•• push fitness zone Atl (60)	
9:00a	•• push fitness zone Mary (60)		•• push fitness zone Dana (60)		•• push fitness zone Dana (60)		
9:15a		•• push fitness zone Kelly (60)		•• push fitness zone Mary (60)			
10:00a						•• push fitness zone Atl (60)	
10:15a	•• push fitness zone Tiffany (60)						
EVENING							
3:00p							•• push fitness zone Atl (60)
5:00p	•• push fitness zone Sareena (60)		•• push fitness zone Kelly (60)				
5:30p		•• push fitness zone Kari (60)		•• push fitness zone Sareena (60)			
6:00p	•• push fitness zone Kari (60)		•• push fitness zone Amanda (60)				

Master's Week

