

# MATRIX

FITNESS | SPA

## GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 11\_23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>12:00 PM</b> <b>XBIKE</b> (Karen)</p> <p><b>5:00 PM</b> <b>SHREDMILL</b> (30 MIN) (Karen)</p> <p><b>5:30 PM</b> <b>TRX</b> (Wilson)</p> <p><b>6:00 PM</b> <b>MX4</b> (45 MIN) (Karen)</p> <p><b>6:00 PM</b> <b>XBIKE</b> (Grant)</p> <p><b>7:00 PM</b> <b>RESTORATIVE YOGA</b> (Raymond)</p>	<p><b>7:30 AM</b> <b>MX4</b> (45 MIN) (Karen)</p> <p><b>12:00 PM</b> <b>TRX</b> (Nick)</p> <p><b>12:00 PM</b> <b>BARRE/DANCE FUSION</b> (Annelise)</p> <p><b>5:00 PM</b> <b>SKI &amp; SNOWBOARD CONDITIONING</b> (Dustin)</p> <p><b>5:30 PM</b> <b>MX4</b> (45 MIN) (Nick)</p> <p><b>6:00 PM</b> <b>XBIKE</b> (Karen)</p> <p><b>7:00 PM</b> <b>VINYASA YOGA</b> (Randy)</p>	<p><b>7:30 AM</b> <b>MX4</b> (45 MIN) (Wilson)</p> <p><b>12:00 PM</b> <b>XBIKE</b> (Grant)</p> <p><b>5:00 PM</b> <b>SHREDMILL</b> (30 MIN) (Ben)</p> <p><b>5:30 PM</b> <b>TRX</b> (Ben)</p> <p><b>5:30 PM</b> <b>VINYASA YOGA</b> (Raymond)</p> <p><b>6:00 PM</b> <b>MX4</b> (45 MIN) (Nick)</p>	<p><b>7:30 AM</b> <b>MX4</b> (45 MIN) (Karen)</p> <p><b>12:00 PM</b> <b>BARRE/DANCE FUSION</b> (Annelise)</p> <p><b>12:00 PM</b> <b>XBIKE</b> (Karen)</p> <p><b>5:30 PM</b> <b>MX4</b> (45 MIN) (Karen)</p> <p><b>6:00 PM</b> <b>XBIKE</b> (Grant)</p> <p><b>6:00 PM</b> <b>TRX</b> (Katie)</p> <p><b>6:15 PM</b> <b>ABS</b> (30 MIN) (Karen)</p> <p><b>7:00 PM</b> <b>YIN YOGA</b> (Sarah)</p>	<p><b>7:30 AM</b> <b>MX4</b> (45 MIN) (Dustin)</p> <p><b>12:00 PM</b> <b>XBIKE + ABS</b> (Karen)</p>	<p><b>8:30 AM</b> <b>MX4</b> (45 MIN) (Karen)</p> <p><b>9:00 AM</b> <b>YOGA</b> (Neusha)</p> <p><b>9:00 AM</b> <b>XBIKE</b> (Sam)</p>	<p><b>10:00 AM</b> <b>BEGINNER YOGA</b> (Beth)</p> <p><b>11:00 AM</b> <b>ZUMBA</b> (Sam)</p>
				<p><b>MX4</b></p> <p><b>ALL MX4 SMALL GROUP TRAINING CLASSES COMPLIMENTARY THROUGH 2018</b></p>		
				<p><b>ANNOUNCING TWO NEW CLASSES!</b></p> <p><b>SKI &amp; SNOWBOARD CONDITIONING (TUESDAYS AT 5 PM) ZUMBA (SUNDAYS AT 11 AM)</b></p>		