

MATRIX

FITNESS | SPA

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 1_4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>12:00 PM XBIKE (Karen)</p>	<p>7:30 AM MX4 (45 MIN) (Karen)</p>	<p>7:30 AM MX4 (45 MIN) (Wilson)</p>	<p>7:30 AM MX4 (45 MIN) (Karen)</p>	<p>7:30 AM MX4 (45 MIN) (Dustin)</p>	<p>9:00 AM YOGA (Neusha)</p>	<p>10:00 AM BEGINNER YOGA (Beth)</p>
<p>5:00 PM SHREDMILL (30 MIN) (Karen)</p>	<p>12:00 PM TRX (Nick R.)</p>	<p>12:15 PM XBIKE (45 MIN) (Sam)</p>	<p>12:00 PM BARRE/DANCE FUSION (Annelise)</p>	<p>12:00 PM XBIKE + ABS (Karen)</p>	<p>9:00 AM XBIKE (Karen)</p>	<p>11:00 AM ZUMBA (Sam)</p>
<p>5:30 PM TRX (Wilson)</p>	<p>12:00 PM BARRE/DANCE FUSION (Annelise)</p>	<p>5:00 PM SHREDMILL (30 MIN) (Annelise)</p>	<p>12:00 PM XBIKE (Karen)</p>		<p>10:00 AM MX4 (45 MIN) (Karen)</p>	
<p>6:00 PM MX4 (45 MIN) (Karen)</p>	<p>5:00 PM SKI & SNOWBOARD CONDITIONING (Dustin)</p>	<p>5:30 PM TRX (Annelise)</p>	<p>5:30 PM MX4 (45 MIN) (Karen)</p>			
<p>7:00 PM RESTORATIVE YOGA (Raymond)</p>	<p>5:30 PM MX4 (45 MIN) (Nick R.)</p>	<p>5:30 PM VINYASA YOGA (Raymond)</p>	<p>6:15 PM ABS (30 MIN) (Karen)</p>			
	<p>6:00 PM XBIKE (Karen)</p>	<p>6:00 PM MX4 (45 MIN) (Nick R.)</p>	<p>7:00 PM YIN YOGA (Sarah)</p>			
	<p>7:00 PM VINYASA YOGA (Randy)</p>					