

MATRIX

FITNESS | SPA

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 2_6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>12:00 PM XBIKE (Karen)</p> <p>5:00 PM SHREDMILL (30 MIN) (Karen)</p> <p>5:30 PM TRX (Wilson)</p> <p>6:00 PM MX4 (45 MIN) (Karen)</p> <p>7:00 PM RESTORATIVE YOGA (Raymond)</p>	<p>7:30 AM MX4 (45 MIN) (Karen)</p> <p>12:00 PM TRX (Dustin)*</p> <p>12:00 PM BARRE/DANCE FUSION (Annelise)</p> <p>5:00 PM SKI & SNOWBOARD CONDITIONING (Dustin)</p> <p>5:30 PM MX4 (45 MIN) (TBA)</p> <p>6:00 PM XBIKE (Karen)</p> <p>7:00 PM VINYASA YOGA (Randy)</p>	<p>7:30 AM MX4 (45 MIN) (Wilson)</p> <p>12:15 PM XBIKE (45 MIN) (Sam)</p> <p>5:00 PM SHREDMILL (30 MIN) (Annelise)</p> <p>5:30 PM TRX (Annelise)</p> <p>5:30 PM VINYASA YOGA (Raymond)</p> <p>6:00 PM MX4 (45 MIN) (TBA)</p> <p>6:30 PM ZUMBA (Sam)</p>	<p>7:30 AM MX4 (45 MIN) (Karen)</p> <p>12:00 PM BARRE/DANCE FUSION (Annelise)</p> <p>12:00 PM XBIKE (Karen)</p> <p>5:30 PM MX4 (45 MIN) (Karen)</p> <p>6:15 PM ABS (30 MIN) (Karen)</p> <p>7:00 PM YIN YOGA (Sarah)</p>	<p>12:00 PM XBIKE + ABS (Karen)</p>	<p>9:00 AM YOGA (Raymond)</p> <p>9:00 AM XBIKE (Karen)</p> <p>10:00 AM MX4 (45 MIN) (Karen)</p>	<p>10:00 AM BEGINNER YOGA (Beth)</p>
				<p>ZUMBA WITH SAM NOW WEDNESDAYS AT 6:30 P.M.</p> <p>YOGA WITH RAYMOND SATURDAYS AT 9 A.M.</p> <p>IS THERE A CLASS YOU'D LIKE TO SEE OFFERED? WE WANT YOUR FEEDBACK!</p> <p>EMAIL YOUR IDEAS TO MEMBERSHIP@MATRIXFITNESSANDSPA.COM</p>		