

MATRIX

FITNESS | SPA

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 3_8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>6:00 AM MX4 (45 MIN) (Karen)</p>	<p>6:00 AM XBIKE (Stephanie)</p>	<p>6:00 AM MX4 (45 MIN) (Karen)</p>	<p>6:00 AM XBIKE (Stephanie)</p>	<p>6:00 AM MX4 (Karen)</p>	<p>9:00 AM YOGA (VINYASA) (Raymond)</p>	<p>10:00 AM BEGINNER YOGA (Beth)</p>
<p>5:00 PM SHREDMILL (30 MIN) (Karen)</p>	<p>12:00 PM TRX (Dustin)</p>	<p>12:15 PM XBIKE (45 MIN) (Sam)</p>	<p>12:00 PM YOGA (VINYASA) (Hannelore)</p>	<p>12:00 PM YOGA (VINYASA) (Hannelore)</p>	<p>9:00 AM XBIKE (Karen)</p>	
<p>5:30 PM ABS (30 MIN) (Karen)</p>	<p>12:00 PM YOGA (RESTORATIVE) (Hannelore)</p>	<p>5:00 PM SHREDMILL (30 MIN) (Karen)</p>	<p>5:30 PM TRX (Dustin)</p>	<p>12:00 PM XBIKE + ABS (Karen)</p>	<p>10:00 AM MX4 (45 MIN) (Karen)</p>	
<p>5:30 PM TRX (Wilson)</p>	<p>5:15 PM MX4 (45 MIN) (Dustin)</p>	<p>5:15 PM MX4 (45 MIN) (Dustin)</p>	<p>6:00 PM BARRE (Stephanie)</p>			
<p>6:00 PM MX4 (45 MIN) (Karen)</p>	<p>6:00 PM MX4 (45 MIN) (Wilson)</p>	<p>5:30 PM ABS (30 MIN) (Karen)</p>	<p>6:30 PM MX4 (45 MIN) (Karen)</p>			
<p>6:00 PM XBIKE (Stephanie)</p>	<p>6:00 PM BARRE (Stephanie)</p>	<p>6:00 PM MX4 (45 MIN) (Dustin)</p>	<p>7:00 PM YOGA (RESTORATIVE) (Hannelore)</p>			
<p>7:00 PM YOGA (RESTORATIVE) (Raymond)</p>	<p>7:00 PM YOGA (VINYASA) (Randy)</p>	<p>6:00 PM YOGA (VINYASA) (Raymond)</p> <p>7:00 PM ZUMBA (Sam)</p>				