

MATRIX

FITNESS | SPA

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 4_24

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