

# MATRIX

FITNESS | SPA

## GROUP EXERCISE SCHEDULE

ALL CLASSES ARE ONE (1) HOUR UNLESS NOTED

EFF. 9\_10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00 PM</b> <b>SHREDMILL</b> (30 MIN) (Tyler)	<b>5:15 PM</b> <b>MX4</b> (45 MIN) (Wilson)	<b>6:00 AM</b> <b>XBIKE</b> (Josh)	<b>6:00 AM</b> <b>XBIKE</b> (Josh)	<b>12:00 PM</b> <b>YOGA (VINYASA)</b> (Hannelore)	<b>9:00 AM</b> <b>YOGA (VINYASA)</b> (Hannelore)	<b>10:00 AM</b> <b>YOGA (BEGINNER)</b> (Beth)
<b>5:30 PM</b> <b>ABS</b> (30 MIN) (Tyler)	<b>6:00 PM</b> <b>MX4</b> (45 MIN) (Wilson)	<b>12:15 PM</b> <b>XBIKE</b> (45 MIN) (Josh)	<b>12:00 PM</b> <b>YOGA (VINYASA)</b> (Hannelore)	<b>12:00 PM</b> <b>XBIKE + ABS</b> (Annie)	<b>10:00 AM</b> <b>XBIKE</b> (Philippe)	
<b>5:30 PM</b> <b>TRX</b> (45 MIN) (Wilson)	<b>6:00 PM</b> <b>SUMMER SCULPT/BARRE</b> (Stephanie)	<b>5:00 PM</b> <b>SHREDMILL</b> (30 MIN) (Josh)	<b>5:15 PM</b> <b>TRX</b> (45 MIN) (Tyler)		<b>10:00 AM</b> <b>MX4</b> (45 MIN) (Tyler)	
<b>6:00 PM</b> <b>XBIKE</b> (Josh)	<b>7:00 PM</b> <b>YOGA (VINYASA)</b> (Randy)	<b>5:15 PM</b> <b>MX4</b> (45 MIN) (Tyler)	<b>6:00 PM</b> <b>MX4</b> (45 MIN) (Tyler)			
<b>6:15 PM</b> <b>MX4</b> (45 MIN) (Tyler)		<b>5:30 PM</b> <b>ABS</b> (30 MIN) (Josh)	<b>6:00 PM</b> <b>SUMMER SCULPT/BARRE</b> (Stephanie)			
<b>7:00 PM</b> <b>YOGA (GENTLE FLOW)</b> (Amanda)		<b>6:00 PM</b> <b>MX4</b> (45 MIN) (Tyler)	<b>7:00 PM</b> <b>YOGA (GENTLE FLOW)</b> (Katie)			
		<b>6:00 PM</b> <b>BODY WEIGHT SCULPT</b> (Josh)				
		<b>7:00 PM</b> <b>YOGA (FLOW &amp; RESTORE)</b> (Beth)				