

GROUPX FALL '23 SCHEDULE

REC OFTEN LIVE WELL

MONDAY

TONING EXPRESS 7:15-7:45 AM MPR-D	AB ATTACK 5-5:30 PM MPR-D	CYCLE 45 5:30-6:15 PM MPR-A	CARDIO COMBAT 6-7 PM MPR-C
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TUESDAY

SUNRISE YOGA 7-7:45 AM MPR-C	POWER YOGA 11:30-12:30 PM MPR-C	TONING EXPRESS 5-5:30 PM MPR-D	ONE MORE REP! 5:45-6:15 PM MPR-B	CYCLE 6 PACK 6:30-7:15 PM MPR-A	VINYASA FLOW 6:45-7:45 PM MPR-C
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WEDNESDAY

TONING EXPRESS 7:15-7:45 AM MPR-D	AB ATTACK 5-5:30 PM MPR-D	CYCLE 45 5:30-6:15 PM MPR-A	CARDIO COMBAT 6-7 PM MPR-C
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THURSDAY

SUNRISE YOGA 7-7:45 AM MPR-C	VINYASA FLOW 11:30-12:30 PM MPR-C	TONING EXPRESS 5-5:30 PM MPR-D	ONE MORE REP! 5:45-6:15 PM MPR-B	CYCLE 6 PACK 6:30-7:15 PM MPR-A	VINYASA FLOW 6:45-7:45 PM MPR-C
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FRIDAY

FRIYAY CYCLE 10-10:45 AM MPR-A

SUNDAY

SUNDAY CYCLE 5:30-6:15 PM MPR-A
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KEY

 STRENGTH	 CYCLE	 MIND BODY
 CARDIO/DANCE		

- » FALL MEMBERSHIP: \$40
- » 1 CLASS PASS AVAILABLE FOR \$5 PER CLASS
- » 5 CLASS PASS BUNDLE AVAILABLE FOR \$18
- *SCHEDULE SUBJECT TO CHANGE