

Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP CYCLE 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	BARBELL BOOT CAMP 5:30A – 6:30A GROUP EX ROOM JOSEPH GARZA	BOOT CAMP 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	STEP BOOT CAMP 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA	GROUP CYCLE 5:30A-6:30A GROUP EX ROOM JOSEPH GARZA
		CHAIR YOGA 9:00A-10:00A GROUP EX ROOM		
TAI CHI 10:00A-11:00A GROUP EX ROOM TYSON BURWELL	AQUA FIT 10:00A-11:00A POOL ROOM HELICITY JOHNSON	CHAIR YOGA 11:00A-12:00P GROUP EX ROOM	AQUA FIT 10:00A-11:00A POOL ROOM HELICITY JOHNSON	TAI CHI 10:00A-11:00A GROUP EX ROOM TYSON BURWELL
		CHAIR YOGA 11:00A-12:00P GROUP EX ROOM		
ZUMBA 12:00P-1:00P GROUP EX ROOM	ZUMBA 12:00P-1:00P GROUP EX ROOM	ZUMBA 12:00P-1:00P GROUP EX ROOM	ZUMBA 12:00P-1:00P GROUP EX ROOM	
ZUMBA 4:30P-5:30P GROUP EX ROOM		ZUMBA 4:30P-5:30P GROUP EX ROOM		ZUMBA 4:30P-5:30P GROUP EX ROOM