























Central Branch Modified Group Exercise Schedule

Monday August 19th – Saturday August 31st

MON Aug 19 th	TUE Aug 20 th	WED Aug 21 st	THUR Aug 22 nd	FRI Aug 23 rd	SAT Aug 24 th	SUN Aug 25 th	MON Aug 26 th	TUE Aug 27 th	WED Aug 28 th	THUR Aug 29 th	FRI Aug 30 th	SAT Aug 31 st
AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM	AM
5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	5:00-6:00 Boot Camp			5:00-6:00 Boot Camp	5:00-6:00 Boot Camp	NO CLASS	NO CLASS	NO CLASS	
5:45-6:30 *Spinsanity		5:45-6:30 		5:45-6:30 			5:45-6:30 *Spinsanity	NO CLASS				7:45-8:45p 
				8:30-9:15am **PILATES	7:45-8:45am 							8:50-9:35 *Spinsanity
9:15-10:00 	9:00-9:45 	9:00-10:00 	9:00-9:45 	9:15-10:00 	8:50-9:35 *Spinsanity		9:15-10:00 					9:00-10:00 
9:15-10:00 *Spintastic	9:00-10:00 **YOGA	9:15-10:00 * Spinsanity	9:15-10:00  **	9:15-10:00 * Spintastic	9:00-10:00 		9:15-10:00 *Spintastic					10:00-11:00 
10:05-10:50 	9:45-10:15 BARRE Express	10:05-11:00 	10:00-11:00 	10:00-11:00 	10:00-11:00 		10:05-10:50 					
10:15-11:15 Enhance ***	10:15-11:00 tone	10:15-11:15 Enhance **	10:00-10:30 * SPIN Express	10:15-11:15 Enhance ***			10:15-11:15 Enhance ***					
PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
6:00-7:00 **Yoga	No CLASS	NO CLASS	5:30-6:15 				NO CLASS	NO CLASS	NO CLASS	NO CLASS		*Cycle Studio
6:30-7:15 *Spinsanity			6:15-7:00 									**Mind and Body Room
6:30-7:30 Dance HIIT												***Dance Studio