



SUMMER 2022 GROUP EXERCISE SCHEDULE

PLEASE REGISTER AT THE FRONT DESK FOR
ALL GROUP EXERCISE CLASSES!

MONDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
9:45am: Cardiotone

SAURWEIN

12:15pm:
Lunchtime Express

5:30pm: Step Strong

TUESDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

SAURWEIN

12:15pm: Power Cycle

6:45pm: R.I.P.P.E.D

WEDNESDAY

5am: Early Bird Challenge
6am: Challenge
8am: Deep Water Fitness
9am: Total Body Fix
9am: Fit 4 Life

SAURWEIN

12:15pm:
Lunchtime Express

5:30pm: Step Strong
5:30pm: Circuit Blend

THURSDAY

5am: Early Bird Challenge
6am: H.I.I.T Mix
8am: Deep Water Fitness
8:30am: Pietra Fitness **
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

SAURWEIN

12:15pm: Power Cycle

5:30pm: Cardiotone
Drumming
6:45pm: R.I.P.P.E.D

FRIDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Power Cycle

All classes marked
with a * require
registration and
have a small fee
attached.