



# WINTER 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  
10:15am: Core Flow  
Express (30min)

### SAURWEIN

12:15pm:  
Lunchtime Express

5:30pm: Step Strong  
5:30pm: Circuit Blend  
6:45pm: H.I.I.T Mix

## TUESDAY

5am: Early Bird Challenge  
8am: Deep Water 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

## WEDNESDAY

5am: Early Bird Challenge  
6am: Challenge  
8am: Deep Water Fitness  
9am: Total Body Fix  
9am: Fit 4 Life  
10:15am: Core Flow  
Express (30min)

### SAURWEIN

12:15pm:  
Lunchtime Express

5:30pm: Step Strong  
5:30pm: Circuit Blend  
6:45pm: H.I.I.T Mix

## THURSDAY

5am: Early Bird Challenge  
8am: Deep Water Fitness  
8:30am: Pietra Fitness \*\*  
9:15am: Gentle Lift  
10am: Cardio-Kickbox  
Circuit

### SAURWEIN

12:15pm: Power Cycle

5:30pm: Cardiotone  
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.