

ALL CLASSES ARE FREE - JUST DROP IN!

SRC GROUP FITNESS SCHEDULE

Finals Week Spring 2018

Classroom: SYN = Synrgy Studio DS = Dance Studio AR = Aerobics Room

	Mon, April 30	Tues, May 1	Wed, May 2
8:00 - 8:45 AM (SYN)	Ultimate Conditioning Megan & Izabella	Ultimate Conditioning Megan & Izabella	Ultimate Conditioning Madeline
4:00 - 4:45 PM (SYN)	Circuit Training Anastasiya & Joseph	Circuit Training Anastasiya & Joseph	Circuit Training Joseph
5:00 - 6:30 PM (SYN)		Panther Power David & Joseph	
5:00 - 5:45 PM (SYN)	HIIT Megan & Izabella		HIIT Megan & Izabella

8:00-8:45 AM (DS)	Sunrise Yoga Kristi	Sunrise Yoga Kristi	Sunrise Yoga Izabella
4:00-4:45 PM (DS)	Pilates Hollie		Booty Pilates Hollie
5:00-5:45 PM (DS)	Guts, Guns, and Buns Kristi		Barre HIIT Hollie
6:00-6:45 PM (DS)	Yoga Kristi	Yoga Izabella	Yoga Izabella

5:00 - 5:45 PM (AR)		Body Bar Anastasiya	Core Plus Anastasiya
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