



GROUP EXERCISE

S P R I N G 2 0 2 4 S C H E D U L E

MONDAY

5pm-6pm

Cycle

Maddie
Training
Studio

6pm-7pm

Cajun Jump

Shelby
Training
Studio

TUESDAY

5pm-6pm

Cycle

Tia
Training
Studio

6pm-7pm

Body Blast

AJ & Faith
Dance Studio

WEDNESDAY

5pm-6pm

Cycle

Rachel
Training
Studio

5pm-6pm

Spicy Yoga

Shelby
Dance Studio

6pm-7pm

Fit Fusion

Maddie
Training
Studio

THURSDAY

5pm-6pm

Cycle

Davon
Training
Studio

6pm-7pm

Cardio Dance

Jonathan
Dance Studio

6pm-7pm

Body Burn

AJ
Training
Studio

FRIDAY

1:30pm-2:30pm

Spicy Yoga

Shelby
Dance Studio

4pm-5pm

Yoga

Anissa
Dance Studio

5pm-6pm

Cycle

Maddie
Training
Studio

