



West / NE Group Fitness Schedule

2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
RESLER	6:00 AM Silver Sneakers® 7:00 AM Vinyasa Yoga 10:00 AM Fitness Yoga 6:30 PM Spinning® 8:00 PM Zumba®	6:00 AM Silver Sneakers® 7:00 AM Vinyasa Yoga 10:00 AM Zumba®/Dance 7:00 PM Zumba®/Toning 8:00 PM Fitness Yoga	6:00 AM Silver Sneakers® 7:00 AM Vinyasa Yoga 11:00 AM Zumba® Strong 4:30 PM Zumba® Strong 6:30 PM Spinning® 7:30 PM Zumba®	6:00 AM Silver Sneakers® 7:00 AM Vinyasa Yoga 10:00 AM Zumba®/Dance 7:00 PM Zumba®/Toning 8:00 PM Fitness Yoga	5:00 AM Spinning® 6:00 AM Silver Sneakers® 7:00 AM Vinyasa Yoga	Saturday 10:00 AM Yogalates 11:00 AM Zumba® 12:00 PM Yoga Sunday 10:30 AM Zumba®/Toning
WEST - PARAGON	5:00 AM Spinning® 9:00 AM HIIT 11:30 AM Zumba® 12:00 PM HIIT 4:30 PM HIIT 6:00 PM HIIT 6:30 PM HIIT 7:30 PM HIIT	9:00 AM Silver Sneakers®/HIIT 10:30 AM Fitness Yoga 12:00 PM HIIT 4:30 PM HIIT 6:00 PM HIIT 6:30 PM HIIT	5:00 AM Spinning® 9:00 AM Silver Sneakers®/HIIT 10:00 AM Zumba®/Dance 12:00 PM HIIT 4:30 PM HIIT 6:00 PM HIIT 6:30 PM HIIT 7:00 PM Zumba®/Dance 7:30 PM HIIT 8:00 PM HIIT	9:00 AM Silver Sneakers®/HIIT 10:00 AM Yoga/Pilates 12:00 PM HIIT 4:30 PM HIIT 6:00 PM HIIT	5:00 AM Spinning® 9:00 AM HIIT 10:30 AM Fitness Yoga 11:30 AM Zumba®/Dance 12:00 PM HIIT 4:30 PM HIIT 6:00 PM HIIT 6:30 PM HIIT 6:30 PM Zumba®/Dance 7:30 PM HIIT	Saturday 8:00 AM HIIT 9:00 AM HIIT 9:30 AM Zumba®/Dance 10:00 AM HIIT Sunday 11:30 AM Zumba®/Dance 12:30 PM Fitness Yoga
NORTHEAST	8:00 AM Silver Sneakers® 10:00 AM Fitness Yoga	8:00 AM Silver Sneakers® 7:30 PM Zumba®/Dance	8:00 AM Silver Sneakers® 5:30 PM Zumba®/Dance	8:00 AM Silver Sneakers® 10:00 AM Fitness Yoga 5:30 PM Zumba®/Dance 7:30 PM Fitness Yoga	8:00 AM Silver Sneakers®	Saturday 9:00 AM Zumba®/Toning Sunday 11:00 AM Zumba®/Toning 1:00 PM Fitness Yoga



Eastside Group Fitness Schedule

2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
LEE TREVINO	5:30 AM HIIT 7:30 AM HIIT 5:30 PM HIIT 6:30 PM HIIT	5:30 AM HIIT 7:30 AM HIIT 5:30 PM HIIT 6:30 PM HIIT	5:00 AM Spinning® 5:30 AM HIIT 7:30 AM HIIT 10:30 AM Fitness Yoga 5:30 PM HIIT 6:30 PM Zumba®/HIIT/Spin®	5:30 AM HIIT 7:30 AM HIIT 5:30 PM Zumba® Strong/HIIT 6:30 PM HIIT	5:00 AM Spinning 5:30 AM HIIT 7:30 AM HIIT 5:30 PM Zumba® Strong/HIIT 6:30 PM HIIT	Saturday 8:00 AM HIIT 9:00 AM HIIT 10:30 AM Fitness Yoga Sunday No Classes
MONTWOOD	5:00 AM Spinning® 5:30 AM HIIT 7:30 AM HIIT 9:30 AM Zumba®/Dance 12:00 PM Fitness Yoga 5:30 PM HIIT 6:00 PM Spinning® 6:30 PM Zumba®/Dance/HIIT 7:30 PM Fitness Yoga	5:30 AM HIIT 7:30 AM HIIT 5:30 PM Zumba® Strong/HIIT 6:30 PM HIIT	5:00 AM Spinning® 5:30 AM HIIT 7:30 AM HIIT 12:00 PM Fitness Yoga 5:30 PM HIIT 6:00 PM Spinning® 6:30 PM HIIT 7:30 PM Zumba®/Dance	5:30 AM HIIT 7:30 AM HIIT 11:00 AM Zumba®/Dance 5:30 PM HIIT 6:30 PM HIIT 7:30 PM Fitness Yoga	5:00 AM Spinning® 5:30 AM HIIT 7:30 AM HIIT 9:30 AM Zumba®/Dance 10:30 AM Fitness Yoga 5:30 PM HIIT 6:00 PM Spinning® 6:30 PM HIIT	Saturday 8:00 AM HIIT 9:00 AM HIIT 10:00 AM HIIT Sunday No Classes