# Fall 23 Group Fitness Schedule

**August 21- December 15**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>6:45-7:30 Spin w/Kimmy</td>
<td>6:45-7:45 Sunrise Yoga</td>
<td>6:45-7:30 Spin w/Kimmy</td>
<td>6:45-7:45 Sunrise Yoga</td>
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<tr>
<td>8-8:45 CardioStrength w/Kimmy</td>
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<tr>
<td>12:10-12:50 Punk Rope w/Kimmy</td>
<td>12:10-1pm Yoga w/Tracy</td>
<td>12:10-12:50 Spin w/Julie</td>
<td>12:15-12:45 Spin w/Julie</td>
<td>12:10-12:50 Lift &amp; Spin w/Amber</td>
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<tr>
<td>4:4:45pm Spin w/Grace</td>
<td>4-4:45</td>
<td>4-4:45pm Spin w/Melanie</td>
<td>4-4:45</td>
<td>4-4:45</td>
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<tr>
<td>5:50 Yoga w/Sara</td>
<td>5:50</td>
<td>5:50 Yoga w/Will</td>
<td>5:50</td>
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<tr>
<td>5:50 Spin w/ Lee</td>
<td>5:50</td>
<td>5:50</td>
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<tr>
<td>6-6:50 STRONG w/Ashlee</td>
<td>6-6:50 Insanity w/Lee</td>
<td>6-6:45 Kickbox w/ Kamini</td>
<td>6-6:45</td>
<td>Vibe w/ Evelyn</td>
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<tr>
<td>6-6:50 Spin w/Liz</td>
<td>6-6:50</td>
<td>6-6:50 Spin w/Dave</td>
<td>6-6:45</td>
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<tr>
<td>7-7:45 Zumba w/Ashlee</td>
<td>7-7:45</td>
<td>7-7:50</td>
<td>7-7:30</td>
<td></td>
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<tr>
<td>7-7:45 SPIN w/Claire</td>
<td>7-15-8</td>
<td>7-7:50p</td>
<td>7-7:50</td>
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</tbody>
</table>

**SATURDAY**

| 5:50 Spin w/ Lee             | 5:50 Yoga w/Sara | 5:50 Yoga w/Will             |
| 6-6:50 STRONG w/Ashlee       | 6-6:50 Insanity w/Lee | 6-6:45 Kickbox w/ Kamini     | 6-6:45                        |
| 6-6:50 Spin w/Liz            | 6-6:50            | 6-6:50 Spin w/Dave           | 6-6:45                        |
| 7-7:45 Zumba w/Ashlee        | 7-7:45            | 7-7:50                         | 7-7:30                        |
| 7-7:45 SPIN w/Claire         | 7-15-8            | 7-7:50p                       | 7-7:50                        |

**SUNDAY**

<table>
<thead>
<tr>
<th>12-1pm Ballet Conditioning w/ Vicky</th>
<th>12-2pm Contemporary w/ Vicky</th>
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There will be no classes on September 2, 3, & 4 as well as November 1, and 18-26

Please bring your ID to enter facility and a mat

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