

# AVILA BAY ATHLETIC CLUB & SPA GROUP EX SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM (45 min) CYCLE Buddy		6:30AM (45 min) CYCLE Mitch		6:30AM (45 min) CYCLE Melbra		
7:30 AM(50 min) CARDIO SCULPT Sara	8:15AM (45 min) CYCLE CORE Sara	7:30AM (50 min) STRETCH/Kathryn I	7:00AM (60 min) YOGA BEGINNER Richard	7:30AM (45 min) YOGA/Summer		
9:00AM (45 min) HEALTHY BACK/Kate I	8:30AM (45 min) BALANCE STRETCH Kathryn	9:00AM (45 min) SCULPT/Cindy	8:15AM (45 min) CYCLE/CORE Sara	8:15AM (45 min) CYCLE Patty	8:15AM (45 min) CYCLE Sara/Marni	
9:45AM (45 min) CYCLE SCULPT Marni	9:00AM (45 min) HIIT/Jan	9:15AM (45 min) CYCLE Patty	8:15AM (45 min) PYRAMID Danielle	8:30AM (45 min) CARDIO SCULPT/Kate	9:30AM (50 min) HIIT Cindy	9:15AM (1.25hr) YOGA/Hana
10:00AM (60 min) REST. YOGA/Cyndi	9:00AM (60 min) GROUP SWIM Colby		9:00AM (60 min) GROUP SWIM Colby	9:00AM (45 min) FUSION Kristin	10:30AM (50 min) VINYASA FLOW Gwynne	11:00AM (45 min) GROOVE/Buddy
11:00AM (60 min) AQUA Marni	11:00AM (60 min) AQUA Jan	11:00AM (60 min) AQUA - Shairee 11:30 (45 min) TAI CHI Kathryn	11:00AM (60 min) AQUA Marni	9:30AM (30 min) CORE/GLUTE/Cindy	11:45AM (45 min) PILATES Sean	
4:15PM (50 min) GENTLE YOGA/Hana	5:15PM (50 min) STRENGTH TONE Sara	5:00PM (45 min) CARDIO BARRE Diana	12:00PM (45 min) QI GONG/Cyndi	11:00AM (60 min) AQUA Sue		
5:30PM (45 min) CYCLE Diana		6:00PM (60 min) YIN YOGA Diana	4:30PM (45 min) GROOVE Buddy	4:15PM (50 min) YOGA BEGINNER Gwynne		EFFECTIVE 8/24 Black are Live Red are Zoom Classes Green are Live/Zoom