

# 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	7:00AM (60 min) YOGA BEGINNER Richard	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	8:15AM (45 min) CYCLE/CORE Sara	7:30AM (45 min) YOGA Summer		
9:00AM (45 min) HEALTHY BACK Kate	8:30AM (45 min) BALANCE STRETCH Kathryn	8:30 (30 min) JB30Z Jan	8:15AM (45 min) PYRAMID Danielle	8:15AM (45 min) CYCLE Patty	8:15AM (45 min) CYCLE Sara/Marni	
9:45AM (45 min) CYCLE SCULPT Marni	9:00AM (60 min) GROUP SWIM Colby	9:00AM (45 min) SCULPT Cindy	9:00AM (60 min) GROUP SWIM Colby	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	9:30 (45 min) ZUMBA Tyler	9:15AM (45 min) CYCLE Patty	10:00AM (60 min) INTERMEDIATE YOGA Richard		10:30AM (50 min) VINYASA FLOW Gwynne	11:00AM (45 min) GROOVE Buddy
11:00AM (60 min) AQUA Marni	10:30AM (60 min) INTERMEDIATE YOGA Richard		11:00AM (60 min) AQUA Marni	9:30AM (30 min) CORE/GLUTE Cindy	11:45AM (45 min) PILATES Sean	
11:30 (45 min) CHI BALL Kathryn	11:00AM (60 min) AQUA Jan	11:00AM (60 min) AQUA Shairee	12:00PM (45 min) QI GONG Cyndi			
4:15PM (50 min) GENTLE YOGA Hana	3:00PM (60 min) 4:00PM (60 min) KEMPO KIDS (paid) Gary	4:30PM (45 min) CARDIO BARRE Diana	3:15PM (45min) FIT KIDS Gary	11:00AM (60 min) AQUA Sue		EFFECTIVE 2/19/21 Black are Live Only Red are Zoom Only Blue are Live & Zoom
5:15PM (45 min) CYCLE Diana	5:15PM (50 min) STRENGTH TONE Sara	5:30PM (60 min) YIN YOGA Diana	4:30PM (45 min) GROOVE Buddy	4:15PM (50 min) YOGA BEGINNER Gwynne		