

CLASS COLORS

STRENGTH/CARDIO	MIND + BODY	CYCLE	SENIOR
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White Font = J Instructor

Black Font = Aspiria Instructor

JCC MACCABI GROUP FITNESS CLASS SCHEDULE - ASPIRIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:45 - 6:30 AM SPIN Cycle - Aspiria	6:00 - 7:00 AM Bootcamp Main - Aspiria	6:30 - 7:00 AM SPIN Cycle - Aspiria	6:00 - 7:00 AM Bootcamp Main - Aspiria
5:30 - 6:30 AM BodyPump Main - Milisa		5:30 - 6:30 AM BodyPump Main - Milisa	
8:30 - 9:30 AM Pilates Yoga - Ali	8:30 - 9:30 AM Barre Main - Miranda	8:30 - 9:30 AM Pilates Yoga - Jennifer L.	8:30 - 9:30 AM Barre Main - Miranda
9:45 - 10:45 AM Yoga Yoga - Ali	9:30 - 10:15 AM GROUP CYCLE-ENERGY Cycle - Natalie	9:45 - 10:45 AM Yoga Yoga - Joe	9:30 - 10:15 AM GROUP CYCLE Cycle - Denise
10:00 - 11:00 AM BodyPump Main - Tiffany	10:00 - 11:00 AM Zumba / WERQ Main - Miranda	10:00 - 11:00 AM BodyPump Main - Milisa	9:45 - 10:45 AM Zumba Gold Main - Piper
11:15 - 12 PM Strictly Strength Main - Aspiria	11:15 - 12 PM Mat Pilates Main - Aspiria	11:15 - 12 PM Strictly Strength Main - Aspiria	11:15 - 12 PM Yoga Yoga - Aspiria
12:15 - 1:00 PM BodyPump Express Main - Lisa	12:15 - 1:00 PM BodyPump Express Main - Sara G	12:15 - 1:00 PM BodyPump Express Main - Stephanie	12 - 12:30 PM Row and Lift Main - Aspiria
12:15 - 1:00 PM BodyBalance Yoga - Ali		12:15 - 1:00 PM BodyBalance Yoga - Aimee	