



Holiday Group Ex Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

22

WILD CARD
9:30 - 10:15AM
ASHLEY
CYCLING ROOM

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS YOGA
11 - 11:45AM
RUTH
GROUP EX

POWER PUMP
6 - 6:45
BETH
GROUP EX

HATHA YOGA
6 - 6:45PM
TRISH
BASEMENT ROOM

CYCLING
7 - 7:45PM
BETH
CYCLING ROOM

23

CYCLING
6 - 6:45AM
KEN
CYCLING ROOM

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS CIRCUIT
11 - 11:45AM
RUTH
GROUP EX

KICKBOXING
6 - 6:45PM
TEAH
KICKBOXING ROOM

24

EARLY BIRD YOGA
6 - 6:45AM
KIM
GROUP EX

**BRANCH
CLOSES AT
NOON**

**24/7 ACCESS
IS
AVAILABLE.**

25

**BRANCH IS
CLOSED.**

**24/7 ACCESS
IS
AVAILABLE.**



26

SS STABILITY
10:45 - 11:15AM
VIRGINIA
GROUP EX

27

TONING
9 - 9:45AM
AL
GROUP EX

TRX & KETTLEBELLS
11 - 11:45AM
MEL
KICKBOXING ROOM

29

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS YOGA
11 - 11:45AM
RUTH
GROUP EX

HATHA YOGA
6 - 6:45PM
TRISH
BASEMENT ROOM

30

CYCLING
6 - 6:45AM
KEN
CYCLING ROOM

KICKBOXING
6 - 6:45PM
TEAH
KICKBOXING ROOM

31

EARLY BIRD YOGA
6 - 6:45AM
KIM
GROUP EX

SS CLASSIC
10 - 10:45AM
RUTH
GROUP EX

SS YOGA
11 - 11:45AM
RUTH
GROUP EX

**BRANCH
CLOSES AT
NOON**

**24/7 ACCESS
IS
AVAILABLE.**

1

**BRANCH IS
CLOSED.**

**24/7 ACCESS
IS
AVAILABLE.**



2

SS STABILITY
10:45 - 11:15AM
VIRGINIA
GROUP EX

SS CLASSIC
11:30AM - 12:15PM
ANDY
GROUP EX

3

TONING
9 - 9:45AM
AL
GROUP EX

TRX & KETTLEBELLS
11 - 11:45AM
MEL
KICKBOXING ROOM

