TRC Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM				H.I.I.T w Paul H			
6:30 AM		Sunrise Open Level Vinyasa w Gemma S					
7:30 AM			Open Level Vinyasa w Michele R				
8:30 AM							
9:00 AM	PILATES w Marianne		H.I.I.T w Myrna B		Yoga Basics w Nicole A		Open Level Vinyasa w Gemma S
9:30 AM		Total Body Strength & Conditioning w Anna V		Total Body Strength & Conditioning w Anna V		Circuit Blast w Anna V	
10:00 AM							
10:30 AM	Zumba w Antonio V						
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM		Zumba Gold Seniors Veronica R					
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM				PILATES w Lauren C			
4:30 PM							
5:00 PM							
5:30 PM			Zumba Toning w Antonic V				
6:00 PM				Power Flow Yoga w Gemma S			
6:30:PM	Total Body Strength & Conditioning w Anna V	Circuit Blast w Veronica R					