

Kingsmill Sports Club Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
6:00am – 6:50 am *Cycle Thomas - Studio iii	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50am *Cycle Thomas – Studio iii	8:30am-9:20 *Cycle Carlo -Studio III
7:00am – 7:50 am Golf Yoga Sharon	7:00am – 7:50 am Hatha Yoga Kim	7:00 am – 7:50 am Longevity Yoga Sharon	7:00am – 7:50 am *Pilates Mat Martha	7:00 am – 7:50 am Gentle Yoga Dawn	8:30 am-9:20am Water Aerobics Heather
8:30am – 9:20 am Aqua Zumba Atsuko	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Lana	8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Lana	9:30 am-10:20am Muscle Sculpt Heather
8:30am – 9:20 am Spin & Strength Dina Studio iii	8:30am-9:20am *Pilates Reformer Martha- Pilates Studio	8:30 am – 9:20 am Spin and Strength- Dina	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Heather	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics Lana	8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio	8:30 am – 9:20 am Aqua Zumba Atsuko	9:30 am – 10:20 am Muscle Sculpt Heather	
9:30am – 10:20am Muscle Sculpt Heather	9:30 am – 10:20 am Rhythmic Step Lana	8:30am-9:20am Strength & Conditioning Meghan	8:30 am – 9:20 am Tabata Tia	10:30 am - 11:20 am Gentle Stretch Christine	
10:30am-11:20am Pilates Mat Martha-Studio 2	10:30 am - 11:20 am Hatha Yoga Evi	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
12:00pm- 12:50pm Yoga with Weights- Meghan	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Martha Pilates Studio	10:30 am – 11:20 am *Gentle Stretch Christine	9:30am-10:20am Water Aerobics- Christine		
5:30m-6:20pm Bollywood Dance Fit Minoo	6:30pm-7:20pm *Pilates Reformer Intermediate Martha Pilates Studio	5:00 pm – 5:50 pm Muscle Sculpt Heather	10:30am-11:20am Zumba Theresia		
			4:00pm-4:50pm Tai Chi Alana		
			5:30 pm – 6:20 pm Yin Yoga Evi - Studio iii		
			5:30-6:20 pm *Pilates Reformer Cou– Pilates Studio	*Members only class Please Note– Pilates Reformer class requires preregistration and a 12 hour advance cancellation policy or a \$30 fee will be assessed	

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