

Kingsmill Sports Club Group Fitness Schedule-February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Heather
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Patty Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	8:30 am-9:20am Cycle Carlo
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Betty	8:30 am – 9:20 am * Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	9:30 am-10:20am Muscle Sculpt Heather
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Heather	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	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	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics 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	
9:30am – 10:20am Muscle Sculpt Meghan	9:30 am – 10:20 am Rhythmic Step Lana	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm * Pilates Reformer Beginner Cou-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Kim	9:30am-10:20am Water Aerobics- Tia		
	5:30 pm – 6:20 pm * Pilates Reformer Intermediate Cou-Pilates Studio		10:30am-11:20am Zumba Theresia		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30 pm – 5:50 pm Muscle Sculpt Heather		
			5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio		



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9 6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio 6:00am – 6:50 am *Cycle Thomas - Studio iii 7:00am – 7:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio 7:00am – 7:50 am Yoga Payal 8:30am – 9:20 am Aqua Zumba Atsuko 8:30am-9:20am Strength & Conditioning Tia 9:30am – 10:20am Muscle Sculpt Heather 10:30-11:20 Yoga with Weights- Meghan	10 6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio 7:00am – 7:50 am Gentle Stretch Christine 8:30 am – 9:20 am HIIT Tia 8:30am-9:20am *Pilates Reformer Cou- Pilates Studio 8:30 am – 9:20 am Water Aerobics Tia 4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio 5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio 6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio	11 6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio 6:00am – 6:50 am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Betty 8:30 am – 9:20 am Water Aerobics Tia 8:30am-9:20am *Pilates with Reformer Cou-Pilates Studio 8:30am-9:20am Strength & Conditioning Meghan 10:30 am – 11:20 am Gentle Stretch Christine	12 6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii 7:00am – 7:50 am Mat Pilates Martha 8:30 am – 9:20 am *Pilates Reformer Cou-Pilates Studio 8:30 am – 9:20 am Balance Lana 8:30 am – 9:20 am Aqua Zumba Atsuko 8:30 am – 9:20 am Tabata Tia 9:30 am – 10:20 am Strength Lana 9:30am-10:20am Water Aerobics- Tia 10:30am-11:20am Zumba Atsuko 5:30 pm – 5:50 pm Muscle Sculpt Heather 5:30-6:20 pm *Pilates Reformer Cou-Pilates Studio	13 6:00am – 6:50am *Cycle Thomas – Studio iii 7:00 am – 7:50 am Gentle Yoga Payal 8:30 am – 9:20 am Strength & Conditioning Tia 8:30 am – 9:20 am Water Aerobics Christine 9:30 am – 10:20 am Muscle Sculpt Heather 10:30 am - 11:20 am Gentle Stretch Christine	14 8:30 am-9:20am Water Aerobics Heather 8:30 am-9:20am Cycle Carlo 9:30 am-10:20am Muscle Sculpt Heather



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16	17	18	19	20	21
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Christine
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Dawn	8:30 am-9:20am Cycle Dina
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Betty	8:30 am – 9:20 am * Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	9:30 am-10:20am Muscle Sculpt Tia
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	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 Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics 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	
9:30am – 10:20am Muscle Sculpt Heather	9:30 am – 10:20 am Rhythmic Step Lana	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	4:30 pm – 5:20 pm * Pilates Reformer Beginner Cou-Pilates Studio	10:30 am – 11:20 am Gentle Stretch Christine	9:30am-10:20am Water Aerobics- Tia		
	5:30 pm – 6:20 pm * Pilates Reformer Intermediate Cou-Pilates Studio		10:30am-11:20am Zumba Theresia		
	6:30pm-7:20pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30 pm – 5:50 pm Muscle Sculpt Heather		
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23	24	25	26	27	28
6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Pilates Reformer Intermediate Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Fusion Thomas – Studio iii	6:00am – 6:50 am *Cycle Thomas – Studio iii	8:30 am-9:20am Water Aerobics Heather
6:00am – 6:50 am *Cycle Thomas - Studio iii	7:00am – 7:50 am *Pilates Reformer Shannon- Pilates Studio	6:00am – 6:50 am *Cycle Thomas – Studio iii	7:00am – 7:50 am Mat Pilates Martha	7:00 am – 7:50 am Gentle Yoga Payal	DOUBLE PUMP Challenge! Try these classes back to back!
7:00am – 7:50 am * Pilates Reformer Intermediate Shannon- Pilates Studio	7:00am – 7:50 am Gentle Stretch Christine	7:00 am – 7:50 am Gentle Yoga Payal	8:30 am – 9:20 am * Pilates Reformer Cou-Pilates Studio	8:30 am – 9:20 am Strength & Conditioning Tia	8:30 am-9:20am Cycle Carlo
7:00am – 7:50 am Yoga Payal	8:30 am – 9:20 am HIIT Tia	8:30 am – 9:20 am Water Aerobics Tia	8:30 am – 9:20 am Balance Lana	8:30 am – 9:20 am Water Aerobics Christine	9:30 am-10:20am Muscle Sculpt Heather
8:30am – 9:20 am Aqua Zumba Atsuko	8:30am-9:20am * Pilates Reformer Cou- Pilates Studio	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 Tia	
8:30am-9:20am Strength & Conditioning Tia	8:30 am – 9:20 am Water Aerobics 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	
9:30am – 10:20am Muscle Sculpt Heather	9:30 am – 10:20 am Rhythmic Step Lana	9:30 am – 10:20am Core Tia	9:30 am – 10:20 am Strength Lana		
10:30-11:20 Yoga with Weights- Meghan	10:30 am - 11:20 am Hatha Yoga Evi	10:30 am – 11:20 am Gentle Stretch Kim	9:30am-10:20am Water Aerobics- Tia		
	4:30 pm – 5:20 pm *Pilates Reformer Beginner Cou-Pilates Studio		10:30am-11:20am Zumba Theresia		
	5:30 pm – 6:20 pm *Pilates Reformer Intermediate Cou-Pilates Studio		5:30 pm – 5:50 pm Muscle Sculpt Heather		
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