

FALL 2024 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:45pm	Hardbody(S) Connie	30MinSpin(GA) Ella	Strength HIIT(S) Connie	10-10-10(S) Connie	Yoga(S) Heather		Follow us on Instagram @ Plattsfitness
5:00-5:45pm		Yoga/Meditation(S) Heather	Spin(GA) Okiah		(S)=Studio Inside Fitness Center (GA)=Group Activity Room 2 nd floor		Pilates(S) Sophia
6:00-6:45pm	HIIT/Core(S) Olivia Kickbox(GA) Brian	Hardbody(S) Erricia 30MinSpin(GA) Olivia	Pilates(S) Sarah Kickbox(GA) Lena	30MinSpin(GA) Hannah			
7:00-7:45pm	Yoga(S) Sydney 30MinSpin(GA) Morgan	Kickbox(GA) Allisyn	Yoga(S) Grace N 30MinSpin(GA) Sara	Hardbody(S) Grace R			
8:00-8:45pm	Zumba(S) Kaylynn		Zumba(S) Kaylynn	Zumba(S) Hannah			