

SPRING 2024 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:45pm	30MinSpin(GA) Connie	Kickbox(GA) Connie ***4PM Yoga(S)** Grace	Strength HIIT(S) Connie	Hardbody(S) Connie	Yoga(S) Shawna	Follow us on Instagram @plattsfitness	
5:00-5:45pm	Yoga(S) Sydney Kickbox(GA) Connie/Allisyn	Hardbody(S) Connie/Erricia	Hardbody(S) Abigail 30MinSpin(GA) Nina	Yoga(S) Jema	(S)=Studio Inside Fitness Center (GA)=Group Activity room 2 nd floor		Pilates(S) Bella
6:00-6:45pm	HIIT/Core (S) Lauren	Pilates(S) Sophia 30MinSpin(GA) Olivia	Yoga(S) Lily	30MinSpin(GA) Olivia			Kickbox(GA) Abigail
7:00-7:45pm	Hardbody(S) Grace 30MinSpin(GA) Dimitra	Kickbox(GA) Allisyn	30MinSpin(GA) Mikayla	Hardbody(S) Grace			Traditional Yoga Saanvi(S) *7:30-7:45pm 15MinMeditation Saanvi
8:00-8:45pm	Zumba(S) Kaylynn	Yoga(S) Nicole	Zumba(S) Kaylynn	Zumba(S) Hannah			