

COLLINS PERLEY SPRING CLASS SCHEDULE

Updated 5/02/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:00-6:00am</u> Strength & More Tania Claudette 1	<u>5:00-6:00am</u> Mad Dogg Spin Kelsey Claudette 2	<u>5:00-6:00am</u> Booty Bootcamp Kelsey Court 4	<u>5:00-6:00am</u> Spin Kelsey Claudette2	<u>5:00-5:45am</u> Pilates Stacey Claudette 1	<u>8:00-9:00am</u> Bike Bootcamp Stacey Claudette 2	<u>9:00-10:30am</u> Sunday Swat Andrea & Lille Claudette 2
<u>9:00-9:45am</u> Energizing Intervals Becky Claudette 1	<u>9:00-9:45am</u> Grind the Gears Becky Claudette 2	<u>9:00-10:00am</u> ABSolutely BUTTkicking Cindy Claudette 1	<u>9:00-9:45am</u> Becky's New Beats Becky Claudette 2	<u>8:00-8:45am</u> Super Spin Becky Claudette 2	<u>8:00AM-8:45AM</u> Walk About Beth Lobby START May 4th	
<u>10:15-11:15am</u> Silver & Fit Beth Claudette 1	<u>10:15-11:15am</u> Grass Roots Yoga Molly H Claudette 1	<u>10:15-11:15AM</u> Vinyasa Yoga Flow Marietta Claudette 1 START April 17th	<u>10:00-11:00am</u> Line Dancing Patti Claudette 1	<u>9:00-9:45am</u> Energizing Intervals Becky Claudette 1	<u>9:30-10:30am</u> Jack it UP Jackie Claudette 2	
<u>12:00-12:45pm</u> Spin & Strength Ryan Claudette 2	<u>12:30-1:00pm</u> Tai Chi ZOOM Ruth Zoom Link	<u>12:00-12:45pm</u> Lunch Crunch Emilie Claudette 2	<u>12:00-12:45pm</u> Tabata Ryan Claudette 1	<u>10:00-10:45am</u> Grass Roots Yoga Molly Claudette 2	<u>9:15-10:15am</u> Zumba Kathy Claudette 1	
<u>3:15-4:15pm</u> Tai Chi Ruth Claudette 1	<u>4:30-5:15pm</u> Work the Weights Beth Claudette 1	<u>5:30-6:20pm</u> Hump Day Trudy Claudette 2	<u>4:45-5:45pm</u> Rock Steady Boxing for Parkinsons Claudette 1	<u>10:30-11:30am</u> Tai Chi Ruth Claudette 1		
<u>4:30-5:15pm</u> Kick into Tabata Trudy Claudette 1	<u>5:15-6:00pm</u> Fusion Spin Andrea Claudette 2	<u>6:00-6:45pm</u> Line Dancing Patti Claudette 1	<u>6:15-7:15pm</u> Spin & Weights Claudette 2 Brent	<u>12:00-12:45PM</u> Nothing But the Kettle Becky Claudette 1		
<u>5:30-6:30pm</u> Rock Steady Boxing for Parkinsons Claudette 1	<u>6:00-7:00pm</u> Zumba Kathy Claudette 1			<u>4:30PM-5:15PM</u> Kettle Swing Becky Claudette 1 Start April 26th		
<u>5:30-6:30pm</u> Lille's Power Hour Claudette 2				<u>5:15-6:15pm</u> Freaky Friday Spin Lille Claudette 2		

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