










Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	8:15am		HIIT Alison		HIIT Annie		
	8:15am	BODY BLAST Alison	YOGA 1 Nancy	BODY BLAST Alison	YOGA Alison	BODY BLAST Nina	 BODYPUMP Marcy
	9:00am						HIIT Jamie or Taylor
	9:30am	YOGA Nancy	 BODYPUMP Alison	PILATES MAT Nina	 BODYPUMP Kelsey	YOGA Emerald	YOGA 2 Marcy
	11:00am	STABLE & STRONG Alison	TAI CHI Showen	STABLE & STRONG Alison	TAI CHI Showen	STABLE & STRONG Merry	TAI CHI Showen
	5:00pm	 BODYPUMP Alison	HIIT RAY	 BODYPUMP Taylor	HIIT Jamie		
	5:30pm					 BODYPUMP Annie	
	6:30pm	YOGA Maureen	 BODYPUMP Ray	YOGA Christine	Tai Chi Dave		

Aquatic Fitness	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00am	AQUA CIRCUIT Darlene	AQUA POWER Darlene	CARDIO INTERVAL Kelsey	AQUA POWER Kelsey	NOODLE MANIA Darlene	Aqua Combo Darlene
	10:00am	 water@motion Hannah	WATER WALKING Hannah	 water@motion Hannah	WATER WALKING Alison	WATER WALKING Darlene	Aqua Combo Darlene
	12:00pm	WATER WALKING Laura		WATER WALKING Laura			
6:00pm		NOODLE MANIA Staff		AQUA POWER Darlene			

10.29.2020

ALL CLASSES ARE 45 MINUTES LONG.

