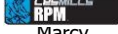














# Del Norte Group Exercise Schedule

Group Exercise Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	5:15am		 RPM Marcy					
	6:00am	 <b>BODYPUMP</b> Kelsey (1 hr)		 <b>BODYPUMP</b> Kelsey				
	7:00am			FREESTYLE SPIN Jamie		FREESTYLE SPIN Cheyanne		
	7:15am					FREESTYLE SPIN Marcy		
	8:15am	BODY BLAST Cheyanne	HIIT Annie   YOGA 2 Nancy	BODY BLAST Kelsey		BODY BLAST DeAnne	 <b>BODYPUMP</b> Marcy	
	8:30am				 <b>sprint</b> Annie (30 min. class)			
	9:00am					HIIT Jamie	FREESTYLE SPIN Annie	
	9:15am	YOGA 2 Nancy	 <b>BODYPUMP</b> Annie		 <b>BODYPUMP</b> Annie	YOGA Glo	YOGA 2 Marcy	
	11:00am	STABLE & STRONG DeAnne	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen	STABLE & STRONG DeAnne	TAI CHI Showen	
	4:15pm				FREESTYLE SPIN Cheyanne	FREESTYLE SPIN Holly		
	5:00pm	 <b>BODYPUMP</b> Jennifer	AB BLAST Jamie	 <b>BODYPUMP</b> Taylor	HIIT Jamie			
	5:30pm					 <b>BODYPUMP</b> Kelsey		
	5:45pm		FREESTYLE SPIN Jamie					
	6:00pm	SCHWINN SPIN Tim (30 min. class)		FREESTYLE SPIN Taylor (30 min. class)				
6:30pm				TAI CHI Dave				
6:45pm	YOGA Maureen		VINYASA YOGA 2 Christine					

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

4.19.21

ALL CLASSES ARE 45 MINS. UNLESS OTHERWISE NOTED.