



May

POWERHOUSE GYM OC GROUP FITNESS CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RPM 8:30-9:30am Charlene	RPM 7:00-7:45am *Kayla 5/6 & 5/20 *Kristin 5/13	RPM 5:15-6:10am Shanan	GROUP CYCLE 5:15-6:15am Kim	GROUP CYCLE 5:15-6:10am Fred BODY PUMP	GROUP CYCLE 5:15-6:15am Kim	Fit Barre 7:25-8:25am Colleen *NO CLASS 5/18
HATHA YOGA 8:30-9:30am Lindsey *Maya 5/12 & 5/26 *NO CLASS 5/19	*NO CLASS 5/27 Fit Barre 8:30-9:30am Megan	BODY PUMP 6:15-7:15am Shanan	HATHA YOGA 7:45-9:00am Maya	6:00-7:00am Shanan Pilates 2	HATHA YOGA 8:00-9:00am Maya	RPM 8:30-9:30am *Kristin 5/4 *Jenelle 5/11 *Sally 5/18 *Toni-Marie 5/25
BODYPUMP EXPRESS 9:35-10:20am Charlene *NO CLASS 5/19	8:30-9:00am Jess Boring ***Jim 5/27*** BODY PUMP 9:35-10:35am Megan	Pilates 1 7:45-8:45am Kristin GROUP CYCLE 9:00-9:45am Chandi	GROUP CYCLE 8:30-9:30am Sue *Sally 5/8 & 5/15 BODY COMBAT 9:05-10:05am Megan	7:45-8:45am Kristin GROUP CYCLE 9-9:45am Chandi	RPM 8:30-9:30am Jess Cropper *Sally 5/24 BODY BLAST 9:45-10:30am Sue	BODY COMBAT 8:30-9:30am Michelle *Megan 5/4 *NO CLASS 5/18
CX WORX 10:30-11:00am Charlene *NO CLASS 5/19	Megan **5/27 time change** SENIOR BOOT CAMP 10:40-11:40am Megan	TABATA 8:50-9:35am Wendy	Megan CX WORX 10:05-10:35am Megan	KETTLEBELL 8:50-9:35am Wendy HATHA YOGA 9:50-10:50am	Sue SENIOR BOOT CAMP 10:35-11:35am	HATHA YOGA 9:35-10:35am Lindsey *NO CLASS 5/18
VINYASA YOGA 11:00-12:00pm Dasha *NO CLASS 5/19	*NO CLASS 5/27 KETTLEBELL 4:45-5:30pm Michelle *Megan 5/6 *NO CLASS 5/27 BODY COMBAT 5:30-6:30pm Michelle *Megan 5/6 *NO CLASS 5/27 GROUP CYCLE 5:30-6:30pm Kim *NO CLASS 5/27 HATHA YOGA 6:35-7:35pm Lindsey *NO CLASS 5/27	HATHA YOGA 9:50-10:50am Dasha Fit Barre 4:30-5:25pm Colleen BODY PUMP 5:30-6:30pm Kim *RPM 5/6,5/20 *RPM 5/14,5/28 CX WORX 6:35-7:05pm Charlene	SENIOR BOOT CAMP 10:35-11:35am Megan TABATA 4:45-5:25pm Wendy CYCLE TRAINING 5:30-6:30pm Kim Jim V HATHA YOGA 5:30-6:30pm Lindsey *Dasha 5/1	HATHA YOGA 9:50-10:50am Dasha BODY COMBAT 4:30-5:30pm Michelle BODY PUMP 5:30-6:30pm Aly RPM 5:30-6:15pm Jenelle *Sara 5/23 *Toni-Marie 5/30	Fit Barre 5:30-6:30pm Colleen Pilates 6:35-7:20pm Colleen	GENTLE YOGA 10:45-11:45am Maya *NO CLASS 5/18

Memorial Day
Cycling with
Jim V 8:30-9:30am
GroupX with Megan
Yoga 8-9am
Body Pump 9-9:45am
CXworx 9:45-10:15am

*REVISED 4/28/19
Schedule subject
to change due to
class attendance