

# Epicenter Executive Group Exercise Schedule

Effective Monday, October 17, 2011 [Download PDF of Class Schedule](#)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle (2) Jon		Cycle (2) Jon				
6:15 AM		Core Strength (1) George		Core Strength (1) George			
6:30 AM		Total Body Conditioning (1) George		Total Body Conditioning (1) George			
7:00 AM	Yoga Flow (3) Janna		Yoga Flow (3) Janna				
9:00 AM							Core Strength (1) George
9:30 AM						Zumba (1) Patricia / Barbara	Survivor (1) George
10:15 AM							Zumba (1) George
10:30 AM						Yoga Flow (3) Heather	Yoga Flow (3) Elizabeth
11:00 AM	Zumba (1) Heather		Zumba (1) Heather				
11:10 AM		Total Body Conditioning (1) Beverly		Total Body Conditioning (1) Beverly			
12:00 PM	Turbo Kick Box (1) Beverly		Turbo Kick Box (1) Beverly		Survivor (1) Group X Instructor		
12:00 PM	Yoga Flow (3) Jennifer	Yoga Flow (3) Christina	Yoga Flow (3) Karen	Yoga Flow (3) Sherry	Yoga Flow (3) Jennifer		
12:05 PM		Total Body Conditioning (1) Beverly		Total Body Conditioning (1) Beverly			
12:10 PM	Cycle (2) Tommy	Cycle (2) Priscilla	Cycle (2) Kempton	Cycle (2) Stacy	Cycle (2) Aina		
12:15 PM		Ultimate Kick Box (4) Lauren		Ultimate Kick Box (4) Lauren			
1:00 PM	Total Body Conditioning (1) Group X Instructor		Total Body Conditioning (1) Group X Instructor				
1:05 PM		Pilates Mat (3) Priscilla		Pilates Mat (3) Stacy			
1:10 PM	Tread 'n' Shed (Treadmills/3rd Floor) George		Tread 'n' Shed (Treadmills/3rd Floor) George				
5:15 PM	Zumba (1) George		Zumba (1) George				
5:30 PM	Yoga Flow (3) Stephanie	Yoga Flow (3) Annie	Yoga Flow (3) Karen	Yoga Flow (3) Heather			
5:30 PM		Urban Movement (1) Sunrose		Total Body Conditioning (1) Jon			
5:45 PM	Cycle (2) Julie	Cycle (2) Erin	Cycle (2) PJ	Cycle (2) Jamie			
6:00 PM	Core Strength (1) George		Core Strength (1) George				
6:15 PM	Ultimate Kick Box (4) Deborah		Ultimate Kick Box (4) Deborah				
6:30 PM	Total Body Conditioning (1) George	Zumba (1) Nelson	Total Body Conditioning (1) George	Zumba (1) Nelson			

Aerobic Studio (1)    Cycle Studio (2)    Yoga Studio (3)    Kick Box Studio/3rd Floor (4)  
 15 Minutes    30 Minutes    45 Minutes    60 Minutes