

# Fall 2023 Group Fitness Schedule

CLASS LOCATION

MARINO STUDIO A   MARINO STUDIO B   REVOLUTIONZ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM ADVANCED CYCLE Nicole	7:00 AM CYCLE ARMS Adeline	6:15 AM CYCLE 45 Bailey	7:00 AM CYCLE ARMS Caroline	7:00 AM TOTAL BODY SCULPT Adeline		
	8:15 AM CYCLE 45 Bri K	7:30 AM CYCLE BOOTCAMP Meghan & Ainsley	8:00 AM CYCLE 45 Bri K	8:00 AM CYCLE 45 Ainsley		10:00 AM TOTAL BODY SCULPT Inas
10:00 AM CYCLE 45 Melanie		8:00 AM BARRE 45 Rachel		8:00 AM INTERVAL BURN Sacha		11:00 AM CYCLE 45 Yaimar
		9:00 AM ASHTANGA VINYASA YOGA Deepta		9:00 AM HATHA YOGA Rasika		12:00 PM ADVANCED CYCLE 45 Bailey
12:30 PM CARDIOSCULPT Rachel	12:00 PM YOGASCULPT Lily	12:15 PM INTERVAL BURN Antonella	11:00 AM RESTORATIVE YOGA FLOW Rasika	12:00 PM VINYASA FLOW Deepta	10:15 AM CYCLE 45 Antonella	
2:00 PM IYENGAR YOGA Deepta					11:15 AM CYCLE ABS Bri K	
			3:00 PM TOTAL BODY SCULPT Melanie		1:00 PM BARRE 45 Inas	
4:00 PM ARMS & ABS Antonella	4:00 PM VINYASA FLOW Rasika		4:00 PM CYCLE 45 Antonella		3:00 PM ASHTANGA VINYASA YOGA Deepta	
5:00 PM TRX Robbie	4:00 PM THIGHS, BUTTS & GUTS Meghan					
6:00 PM CYCLE 45 Sarah	5:30 PM CYCLE 45 Antonella	5:30 PM ADVANCED CYCLE 45 Risha		5:00 PM CYCLE 45 Risha		
6:00 PM ARMS & ABS Sacha	5:30 PM HIIT DANCE Belle	5:00 PM ABS 30 Sophia		6:00 PM BOX 30 Elena C		
7:00 PM ADVANCED CYCLE 45 Yaimar	6:00 PM CARDIOSCULPT Caroline	6:00 PM HIIT DANCE STRENGTH Belle	6:00 PM INTERVAL BURN Robbie	6:00 PM THIGHS, BUTTS & GUTS Sam		6:00 PM CYCLE BOOTCAMP Jonah
7:00 PM TOTAL BODY SCULPT Sophia	7:00 PM CYCLE BOOTCAMP Jonah	6:00 PM KICK IT STRENGTH Sacha	7:00 PM CYCLE ABS Sam	7:00 PM YOGA SCULPT Lily		7:15 PM ADVANCED CYCLE 45 Sam
	7:00 PM MAT PILATES Bri B	6:30 PM CYCLE 30 Robbie				7:15 PM YOGA SCULPT Elena
	8:15 PM CYCLE 45 Yaimar	7:15 PM CYCLE 45 Nicole				
		7:00 PM MAT PILATES Bri B				
		8:15 PM KETTLEBELL Sam				

// SCHEDULE IS SUBJECT TO CHANGE  
Please check ATLETO for any same day changes