



Reno Group Class Schedule

(Effective: 07/30/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-7:00am Boot Camp Colie - Group X Room		6:00am-7:00am Boot Camp Colie - Group X Room		6:00am-7:00am Boot Camp Colie - Group X Room	
	11:05am-11:55am Yoga BURN Ingrid - Group X Room		11:05-11:55 PILATES Ingrid - Group X Room		10:00am-11:00am Core Conditioning Stephanie - Group X Room
12:05pm-12:55pm Pilates Ingrid - Group X Room	12:05pm-12:55pm Cycle  Ingrid - Cycling Room	12:05pm-12:55pm Cycle  Dawn - Group X Room	12:05pm-12:55pm Vinyasa Flow Yoga Ingrid - Cycling Room	12:05pm-12:55pm Cycle  Jeff - Cycling Room	
		12:05pm-12:55pm Pilates Ingrid - Group X Room	12:10pm-12:55pm LUNCH CRUNCH Dawn - Group X Room		
6:30pm-7:30pm  Clavia - Group X Room		6:30pm-7:30pm  Claudia - Group X Room	6:30pm-7:30pm  Claudia - Group X Room		