




# Reno Group Class Schedule

(Effective: 06/01/2019)

Monday	Tuesday	Wednesday	Thursday	Friday
6:00am-7:00am <b>Boot Camp</b> Colie - Group X Room		6:00am-7:00am <b>Boot Camp</b> Colie - Group X Room		6:00am-7:00am <b>Boot Camp</b> Colie - Group X Room
	11:05am-11:55am <b>Strength &amp; Flexibility</b> Dawn - Group X Room		11:05-11:55 <b>YOGA BURN</b> Jennifer - Group X Room	
11:45PM-12:30PM <b>Vinyasa Yoga</b> Jennifer - Group X Room	12:05pm-12:55pm <b>Cycle</b>  Dawn - Cycling Room	12:05pm-12:55pm <b>Cycle</b>  Dawn - Group X Room	12:10pm-12:55pm <b>Lunch Crunch</b> Dawn - Group X Room	
12:35PM-1:05PM  Silvia-Group X Room	12:35PM-1:05PM  Silva- Group X Room	12:10pm-12:55pm <b>Vinyin Yoga</b> Jennifer - Group X Room		
6:30pm-7:30pm  Clauia - Group X Room		6:30pm-7:30pm  Claudia - Group X Room	6:30pm-7:30pm  Claudia- Group X Room	