



# Reno Group Class Schedule

(Effective: 05/21/2018)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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>Yoga BURN</b> Molly - Group X Room				10:00am-11:00am Core Conditioning Stephanie - Group X Room
12:05pm-12:55pm Core Conditioning Stephanie - Group X Room	12:05pm-12:55pm <b>Cycle</b>  Molly - Cycling Room	12:05pm-12:55pm <b>Cycle</b>  Dawn - Group X Room	12:05pm-12:55pm <b>Vinyasa Flow Yoga</b> Tyler - Cycling Room	12:05pm-12:55pm <b>Cycle</b>  Jeff - Cycling Room	
		12:05pm-12:55pm <b>YOGA</b> Tyler - Group X Room	12:10pm-12:55pm <b><u>Lunch Crunch</u></b> Dawn - Group X Room		
6:00pm-6:55pm <b>Yoga</b> Tyler - Group X Room		6:30pm-7:30pm  Claudia - Group X Room			