



Reno Group Class Schedule

(Effective: 10/31/2018)

Monday	Tuesday	Wednesday	Thursday	Friday
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	
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
		12:10pm-12:55pm Pilates Ingrid - Group X Room	12:10pm-12:55pm <u>Lunch Crunch</u> Dawn - 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	