

# David Barton Gym

## GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00a - 10:00a Pilates Mat Danielle	8:00a - 9:00a Morning Yoga Autumn	6:00a - 7:00a R.I.P.P.E.D. Russell	8:30a - 9:30a Morning Yoga Sam D.	8:00a - 9:00a R.I.P.P.E.D. Russell	8:30a - 9:30a Shredded Russell	9:00a - 10:00a Cycle Renato
10:00a - 11:00a Pure Strength Jacob	9:00a - 10:00a Pure Strength Russell	11:00a - 12:00p Pilates Mat Danielle	9:00a - 10:00a Pure Strength Russell	10:00a - 11:00a Pilates Mat Lisa R.	9:30a - 10:30a Bootcamp Jacob	10:00a - 11:00a Morning Yoga Bruce
5:30p - 6:30p Cycle Renato	9:00a - 10:00a Pilates Mat Lisa Rice	12:00p - 1:00p Vinyasa Yoga Autumn	10:00a - 11:00a Dance Fitness Enrique	10:00a - 11:00a Dance Fitness Enrique	10:00a - 11:00a Power Vinyasa Sam J.	
5:30p - 6:30p Relax/Renew Yoga Bruce	10:00a - 11:00a Dance Fitness Enrique	4:30p - 5:30p Kickbox Fit Pat	6:00p - 7:00p Arms Jacob	12:00p - 1:00p Power Vinyasa Autumn	10:30a - 11:30a R.I.P.P.E.D. Jacob	
6:30p - 7:30p R.I.P.P.E.D. Sarah	12:00p - 1:00p Vinyasa Yoga Autumn	5:30p - 6:00p 6 Pack Attack Sarah	7:00p - 8:00p Dance Fitness Enrique		10:30a - 11:30a Dance Fitness Enrique	
	5:30p - 6:00p 6 Pack Attack Jacob	6:00p - 7:00p Rock Bottom Jacob				
	6:00p - 7:00p Bootcamp Jacob	6:30p - 7:30p Relax/Renew Yoga Autumn				
	7:00p - 8:00p Dance Fitness Enrique					

\*\*\*All classes come free with your membership