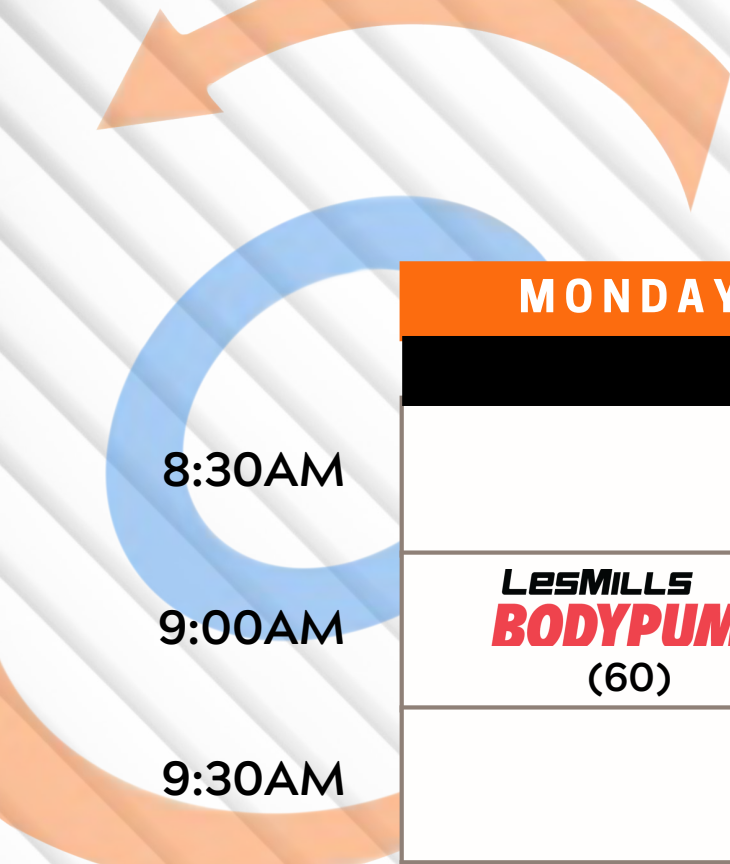


SUMMERVILLE JANUARY 2022 SCHEDULE

GROUP FIT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	M O R N I N G						
8:30AM						LES MILLS BODYPUMP (60)	DANCE JAM (60)
9:00AM	LES MILLS BODYPUMP (60)		LES MILLS BODYPUMP (60)	STEp (60)			
9:30AM						DANCE JAM (60)	
10:30 AM		ZUMBA (60)					
	A F T E R N O O N						
5:00 PM		STEp (60)					
5:15 PM				LES MILLS BODYPUMP (60)			
5:30 PM			TABATA CORE (60)				
6:00 PM	DANCE JAM (60)						
6:15 PM		LES MILLS BODYPUMP (60)					
6:30 PM				DANCE JAM (60)			

SUMMERVILLE JANUARY 2022 SCHEDULE

CYCLE STUDIO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

5:30 AM

DRIVE  CYCLE
(60)

DRIVE  CYCLE
(60)

7:15 AM

DRIVE  CYCLE
(60)

8:00 AM

DRIVE  CYCLE
(60)

8:30 AM

DRIVE  CYCLE
(60)

DRIVE  CYCLE
(60)

AFTERNOON

5:00 PM

DRIVE  CYCLE
(60)

6:00 PM

DRIVE  CYCLE
(60)

SUMMERVILLE JANUARY 2022 SCHEDULE

ZEN DEN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

7:00AM

7:30AM

8:30AM

9:30AM

YOGA 101
(60)

POWER YOGA
(60)

DEEP
S-T-R-E-T-C-H
(60)

PILATES/BARRE
(60)

Slow Flow
(60)

BARRE/YOGA
(60)

AMPD
Burn
(60)

AFTERNOON

4:30 PM

6:00 PM

6:30PM

7:00 PM

POWER YOGA
(60)

Barre
(60)


ALL LEVELS YOGA
(60)


ALL LEVELS YOGA
(60)

SUMMERVILLE JANUARY 2022 SCHEDULE

FORGE

5:00AM

5:30 AM

8:00 AM

5:00 PM

5:30 PM

6:00 PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

AFTERNOON

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

FORGE
(60)

SUMMERVILLE JANUARY 2022 SCHEDULE

REDZONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

6:30AM

RED
ZONE
(60)

RED
ZONE
(60)

RED
ZONE
(60)

8:15 AM

RED
ZONE
(60)

8:30 AM

RED
ZONE
(60)

RED
ZONE
(60)

9:30 AM

RED
ZONE
(60)

RED
ZONE
(60)

RED
ZONE
(60)

RED
ZONE
(60)

AFTERNOON

5:30 PM

RED
ZONE
(60)

RED
ZONE
(60)