

Group Exercise Schedule: Carol Stream

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Cardio Drill/TRX 6:00 AM w/ Denise	Cycle/Strength 6:00 AM w/ Denise		Cycle/Strength 6:00 AM w/ Denise		
7:00 AM						
8:00 AM	Low Impact Cardio Mix 8:30 AM w/ Catherine H.		Low Impact Cardio Mix 8:30 AM w/ Catherine H.		Low Impact Cardio Mix 8:30 AM w/ Catherine H.	PiYo 8:00 AM w/ Sarah
9:00 AM	Low Impact 9:15 AM w/ Jen	Body Sculpting 9:00 AM w/ Sarah	Low Impact 9:15 AM w/ Jen	Body Sculpting 9:00 AM w/ Sarah	Low Impact 9:15 AM w/ Jen	Cycle/Core 9:00 AM w/ Sarah
10:00 AM		Zumba 10:00 AM w/ Sarah		Zumba 10:00 AM w/ Sarah		
11:00 AM						
12:00 AM		Total Chisel 12:00 PM w/ Denise		Total Chisel 12:00 PM w/ Denise		
5:00 PM	Zumba 5:00 PM w/ Sarah		Zumba 5:00 PM w/ Sarah			
6:00 PM	Cycle/Core 6:00 PM w/ Sarah		Cycle/Core 6:00 PM w/ Sarah			
7:00 PM			PiYo 7:00 PM w/ Sarah			