



Lloyd Athletic Group Fitness Class Schedule

Studio 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50am	7:00am-7:50am	8:00-8:50am	7:00am-7:50am		8:15-9:15
9:30am – 10:30am	9:00am-9:50am PiloBarre Sarah	9:30am – 10:30am	9:00am-9:50am PiloBarre Sarah	9:00am – 9:50am	10:00 am – 12:00 SMALL GROUP PERSONAL TRAINING Free to all one-on-one clients small fee otherwise
10:00am – 10:50am	10:00am – 10:50am	10:00am – 10:50am	10:00am – 10:50am	10:00am – 10:50am	10:30am – 11:25am Pilates Sarah
11:15am – 12:00pm Pilates Yoga Fusion Lucy	11:15am – 12:00pm	11:00 am – 11:45am Senior Strength & Stretching/ Live and Virtual Justin	11:15am – 12:00pm	11:15am – 12:00pm Pilates Yoga Fusion Lucy	11:30am-12:25am
12:15pm – 1:00pm	12:15pm – 12:45pm	12:15pm – 1:00pm	12:15pm – 12:45pm	12:15pm – 1:00pm	12:30-1:25
1:05pm – 2:00pm Line Dancing Joyce (10 person limit)	1:00pm – 1:50pm	1:05pm – 2:00pm Line Dancing Joyce (10 person limit)	1:00pm – 1:50pm		
2:15pm – 3:00pm	2:00pm – 2:45pm	2:15pm – 3:00pm	2:00pm – 2:45pm	2:15pm – 3:00pm	Sunday
	4:30pm – 5:20pm		4:30pm – 5:20pm		10:00am – 11:00am
5:30pm - 6:30pm		5:30pm – 6:30pm Power Pump 60 Andrée			
6:45-8:00pm		6:45-8:00pm			

Studio 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am Cycling Dawn		9:30am – 10:30am Cycling Dawn		9:30am – 10:30am Cycling Dawn	
	4:30pm – 5:30pm	1:00pm – 2:00pm Boomers & Better (Online Class) Justin	4:30pm – 5:30pm		