# August Group Exercise Schedule August 18th – August 25th

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Barre Express - 203 Katie 7:00-7:45am</td>
<td>BodyPump Express - 203 Devan 7:00-7:45am</td>
<td>Intermediate TRX – 2nd Floor SanDee 7:00-7:45am</td>
<td>INSANITY – 203 Devan 7:00-7:45am</td>
<td>BodyPump - 203 Caroline 7:30-8:30am</td>
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<tr>
<td>Vinyasa Yoga - 203 Lauren 8:30-9:30am</td>
<td>Barre Express - 203 Katie 8:15-9:00am</td>
<td>Vinyasa Yoga - 203 Lauren 8:30-9:30am</td>
<td>Barre Express - 203 Katie 8:15-9:00am</td>
<td>Spinning - 107 Michael 9:30-10:30am</td>
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<tr>
<td>Cycle and Strength - 107 Maria 9:00-10:00am</td>
<td>Yoga Fundamentals – 203 Lauren 10:00-11:00am</td>
<td>Cycle and Strength - 107 Maria 9:00-10:00am</td>
<td>Yoga Fundamentals – 203 Celine 10:00-11:00am</td>
<td>Core Barre - 203 Carrie 10:30-11:15am</td>
<td>BodyPump – 203 Rachel 10:00-11:00am</td>
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<tr>
<td>Beginner Yoga - 203 Sharry 11:00-12:00pm</td>
<td>Power Flow Yoga - 203 Ann Marie 11:15-12:15pm</td>
<td>BodyPump Express - 203 Sarah 12:10-1:00pm</td>
<td>Power Flow Yoga – 203 Ann Marie 11:15-12:15pm</td>
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<tr>
<td>Zumba – 203 Zena 12:15-1:00pm</td>
<td>TRX -2nd Floor Nadine 12:15-1:00pm</td>
<td>BodyPump Express - 203 Sarah 12:10-1:00pm</td>
<td>TRX -2nd Floor Nadine 12:15-1:00pm</td>
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<tr>
<td>Cycle Express - 107 Joella 12:15pm-12:45pm</td>
<td>Roll with It – 107 Nadine 12:15-1:00pm</td>
<td>Cycle Express - 107 Joella 12:15pm-12:45pm</td>
<td>HIIT - 203 Nadine 12:15-1:00pm</td>
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<tr>
<td>Slow Flow Yoga - 203 Ann Marie 12:30-1:15pm</td>
<td>Slow Flow Yoga - 203 Ann Marie 12:30-1:15pm</td>
<td>Masters Swimming – Pool Sam 12:30-1:30pm</td>
<td>Masters Swimming – Pool Mitch 6:00-7:00pm</td>
<td>Flow Fusion Yoga – 203 Rosemary 5:00-6:00pm</td>
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<tr>
<td>BodyPump - 203 Molly 5:15-6:15pm</td>
<td>Barre - 203 Gina 5:15-6:15pm</td>
<td>Cardio MMA – 203 Caroline 5:15-6:15pm</td>
<td>Barre - 203 Gina 5:15-6:15pm</td>
<td>Tennis Kevin 6:30-8:00pm</td>
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<tr>
<td>Cycle 45 – 107 Leah 5:30pm-6:15pm</td>
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<td>Masters Swimming – Pool Mitch 6:00-7:00pm</td>
<td>Water Works – Pool Mary 5:30-6:15pm</td>
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<tr>
<td>HIIT – 203 Molly 6:30-7:15pm</td>
<td>Pilates – 203 Khalah 6:30-7:30pm</td>
<td>BodyPump - 203 Rachel 6:30-7:30pm</td>
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