Walton Family Whole Health & Fitness

Group Fitness Schedule: August 31 - October 4

Mind Body | Dance | Spin | Strength | Total Fitness | * Premium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1	Bootcamp 5:15-6:00 AM Studio: 1	Body Blast 5:15-6:00 AM Studio: 1		
	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4	LIFT 5:15-6:00 AM Studio: 2	* 12 Rounds 5:15-6:15 AM Studio: 4		
	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone	* FIT ZONE 5:15-6:15 AM The Zone			
	Barre Fusion 5:15-6:00 AM Studio: 6	* Heated Yoga Pilates Fusion 5:15-6:15 AM Studio: 5	Barre Fusion 5:15-6:00 AM Studio: 6	* Heated Yoga Pilates Fusion 5:15-6:15 AM Studio: 5	Barre Fusion 5:15-6:00 AM Studio: 6		
		TRX 6:15-7:00 AM Studio: 4		TRX 6:15-7:00 AM Studio: 4			
	Spin Lab 6:15-7:00 AM Studio: 3	Mat Pilates 6:15-7:00 AM Studio: 6	Spin Lab 6:15-7:00 AM Studio: 3	Mat Pilates 6:15-7:00 AM Studio: 6	Spin Lab 6:15-7:00 AM Studio: 3		
	* Heated Yoga Pilates Fusion 6:15-7:15 AM Studio: 5		* Heated Yoga Pilates Fusion 6:15-7:15 AM Studio: 5		* Heated Yoga Pilates Fusion 6:15-7:15 AM Studio: 5		
	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone	* FIT ZONE 6:30-7:30 AM The Zone		
Mid-Morning	LIFT 7:30-8:15 AM Studio: 2		LIFT 7:30-8:15 AM Studio: 2		LIFT 7:30-8:15 AM Studio: 2	* Heated Yoga 7:30-8:30 AM Studio: 5	
	Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:30-9:15 AM Studio: 6	Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:30-9:15 AM Studio: 6	Mat Pilates 8:30-9:15 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6	Barre Fusion 8:15-9:00 AM Studio: 6
	Qi Gong 8:30-9:15 AM Studio: 5	High Fitness 8:30-9:15 AM Studio: 3	Qi Gong 8:30-9:15 AM Studio: 5	High Fitness 8:30-9:15 AM Studio: 3			
	Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1		Body Blast 8:30-9:15 AM Studio: 1	* FIT ZONE 9:00-10:00 AM The Zone	* FIT ZONE 9:00-10:00 AM The Zone
	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	LIFT 8:30-9:15 AM Studio: 2	* Heated Yoga 9:00-10:00 AM Studio: 5	* Heated Yoga 9:00-10:00 AM Studio: 5
		TRX Yoga 9:00-9:45 AM Studio: 4		TRX Yoga 9:00-9:45 AM Studio: 4		Spin Lab 9:15-10:00 AM Studio: 3	
	* FIT ZONE 9:30-10:30 AM The Zone		* FIT ZONE 9:30-10:30 AM The Zone		* FIT ZONE 9:30-10:30 AM The Zone	Bootcamp 10:15-11:00 AM Studio: 1	
		LIFT 9:30-10:15 AM Studio: 2		LIFT 9:30-10:15 AM Studio: 2	Stretch & Tone 9:30-10:15 AM Studio: 6	Zumba Step 10:15-11:00 AM Studio: 3	
	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	Surge Strength 9:30-10:15 AM Studio: 1	Surge Fit 9:30-10:15 AM Studio: 1	* 12 Rounds 10:15-11:15 AM Studio: 4	
	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	Gentle Flow 10:15-11:00 AM Studio: 5	* FIT ZONE 10:30-11:30 AM The Zone	* FIT ZONE 10:30-11:30 AM The Zone

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Mind Body | Dance | Spin | Strength | Total Fitness | * Premium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch & Afternoon		* 12 Rounds 11:00-12:00 PM Studio: 4		* 12 Rounds 11:00-12:00 PM Studio: 4		Restorative Yoga 10:30-11:15 AM Studio: 5	
	Bootcamp 11:15-12:00 PM Studio: 1	* MetCon 11:15-12:00 PM Studio: 1	Bootcamp 11:15-12:00 PM Studio: 1	* MetCon 11:15-12:00 PM Studio: 1	Bootcamp 11:15-12:00 PM Studio: 1	Athletic Mobility 11:00-11:45 AM Studio: 6	
	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	LIFT 11:15-12:00 PM Studio: 2	Pedal Camp 11:15-12:00 PM Studio: 3	
	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone	* FIT ZONE 11:15-12:15 PM The Zone		
	Essentrics 11:15-12:00 PM Studio: 6	SpinLab 11:30-12:15 PM Studio: 3	Essentrics 11:15-12:00 PM Studio: 6	SpinLab 11:30-12:15 PM Studio: 3		* 12 Rounds 11:30-12:30 PM Studio: 4	Body Blast 2:00-2:45 PM Studio: 1
	Bootcamp Express 12:15-12:45 PM Studio: 1	* Yoga for Alignment 12:00-1:00 PM Studio: 6	Bootcamp Express 12:15-12:45 PM Studio: 1	* Yoga for Alignment 12:00-1:00 PM Studio: 6	Bootcamp Express 12:15-12:45 PM Studio: 1		Gentle Flow 2:15-3:00 PM Studio: 5
Evening	Mat Pilates 4:15-5:00 PM Studio: 6	Stretch 4:15-5:00 PM Studio: 6	Mat Pilates 4:15-5:00 PM Studio: 6	Stretch 4:15-5:00 PM Studio: 6	Mat Pilates 4:15-5:00 PM Studio: 6		* Heated Yoga 3:30-4:30 PM Studio: 5
	LIFT 4:30-5:15 PM Studio: 2		LIFT 4:30-5:15 PM Studio: 2	FAMILY Fitness Dance 4:30-5:00 PM Studio: 3	* 12 Rounds 5:00-6:00 PM Studio: 4		* Sound Bath 5:00-6:00 PM Studio: 5
	TRX 5:00-5:45 PM Studio: 4	LIFT 5:15-6:00 PM Studio: 2	TRX 5:00-5:45 PM Studio: 4	LIFT 5:15-6:00 PM Studio: 2			
	Fitness Dance 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Zumba 5:15-6:00 PM Studio: 3	Fitness Dance 5:15-6:00 PM Studio: 3			
	Yoga 5:15-6:00 PM Studio: 5	Yoga 5:15-6:00 PM Studio: 5	Yoga 5:15-6:00 PM Studio: 5	Yoga 5:15-6:00 PM Studio: 5			
	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6	Barre Fusion 5:15-6:00 PM Studio: 6		
			Surge Fit 5:15-6:00 PM Studio: 1				
	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone	* FIT ZONE 5:30-6:30 PM The Zone			
	* 12 Rounds 6:00-7:00 PM Studio: 4		* 12 Rounds 6:00-7:00 PM Studio: 4	* 12 Rounds 6:00-7:00 PM Studio: 4			
	* Heated Yoga Pilates Fusion 6:15-7:15 PM Studio: 5	* Heated Yoga Pilates Fusion 6:15-7:15 PM Studio: 5	* Heated Yoga Pilates Fusion 6:15-7:15 PM Studio: 5	* Heated Yoga Pilates Fusion 6:15-7:15 PM Studio: 5	Yoga 6:00-6:45 PM Studio: 5		
	Breath & Stress Reset 6:15-7:00 PM Studio: 6	Essentrics 6:15-7:00 PM Studio: 6	Breath & Stress Reset 6:15-7:00 PM Studio: 6				
	SpinLab 6:15-7:00 PM Studio: 3	High Fitness 6:15-7:00 PM Studio: 3	SpinLab 6:15-7:00 PM Studio: 3	High Fitness 6:15-7:00 PM Studio: 3			
	Body Blast 6:30-7:15 PM Studio: 1	Bootcamp 6:30-7:15 PM Studio: 1	Body Blast 6:30-7:15 PM Studio: 1	Bootcamp 6:30-7:15 PM Studio: 1			
	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone	* FIT ZONE 6:45-7:45 PM The Zone			
	Zumba 7:15-8:00 PM Studio: 3	Fitness Dance 7:15-8:00 PM Studio: 3	Fitness Dance 7:15-8:00 PM Studio: 3				
	Tai Chi 7:15-8:00 PM Studio: 6						
	Restorative Yoga 7:30-8:15 PM Studio: 5		Restorative Yoga 7:30-8:15 PM Studio: 5				