

Group Training Schedule: Effective June 1st.

Pre-registration required for all classes (link can be found at www.corefitnessgrouptraining.com). Classes (or portions of class) may be held outdoors if weather permits. All Covid safety guidelines can be found on our website at www.corefitnessgrouptraining.com.

Yellow: Virtual Training **Green:** Group Training **Pink Spin** **Blue** Youth Training

Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Nucleus		
6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45 Core Cross		
6:00-6:30am ZOOM Strength		6:00-6:30am ZOOM Strength				
		6:45-7:30am Spin				
7:00-7:30am HIIT Cardio	7:00-7:45am Functional Intensity		7:00-7:45am Functional Intensity		7:00-7:30am Group Strength	
7:30am-8:15am Group Strength		7:30-8:15am Group Strength		7:30am-8:15 Core Cross	7:30-8:15am Functional Training	
					8:15-8:45am Bootcamp Beats	
	9:30-10am 30-Minute Functional Intensity		9:30-10am 30-Minute Functional Intensity		8:45am Step Aerobics	8:00am Spin
4:45-5:30pm Athlete Speed and Strength level 2		4:45-5:30pm Athlete Speed and Strength Level 2				
	5:30pm Body Sculpt					
	Coming in July: KIDFIT CHALLENGE on Tuesday nights!		6:00-6:45pm Group Strength			
6:15-7:00pm Penalty Boxing		6:15pm-7:00pm Spin				
Strength Video	Functional Video	Strength Video	Functional Video	Strength Video	Functional Video	Sent by 5am