

Group Training Schedule

Effective 1/3/22

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.

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 6:00am ZOOM Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45am Group Strength 6:00am ZOOM Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45 Core Cross 6:00am ZOOM Group Strength		
	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	8:00am Spin
	9:30-10am 30-Minute Functional Intensity	9:15am Spin	9:30-10am 30-Minute Functional Intensity	9:15am Trifit	8:15-8:45am Bootcamp Beats 8:45am Step Aerobics	
4:45-5:30pm Athlete Speed and Strength		4:45-5:30pm Athlete Speed and Strength	4:00-4:45pm Athletic Foundations			
5:30pm Cardio/Sculpt Interval Training	6:00-6:45pm Group Strength		6:00-6:45pm Group Strength			
		6:15pm-7:00pm Spin				
Strength Video	Functional Video	Strength Video	Functional Video	Strength Video	Functional Video	