

Dayton Group Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Signature Cycle 9:30am-10:30am Sydney	Signature Cycle 5:30am-6:30am Dave	Cycle Express 6:15am-7am Amy H	Endurance Cycle 5:30am-6:30am Dave	Cycle Express 6:15am-7am Amy H	Signature Cycle 5:30am-6:30am Dave	Ride & Body 7:45am- 8:30am-Ride 8:45am- 9:30am-Body Kelly K
Barre 9:30am-10:30am Jennifer	Bookcamp 5:30am-6:30am Geoff	Ride & Body 8:30am-9am-Ride 9am-9:30am-Body Kelly K	Bookcamp 5:30am-6:30am Geoff	Ride & Body 8:30am-9am-Ride 9am-9:30am-Body Kelly K	Body Strength 8:30am-9:30am Roni	Bootcamp 8am-9am Jozlyn
Signature Cycle/Drop In 10:45am-11:30am	Deep Stretch Yoga 8:15am-9am Roni	Tighten Tone 8:30am-9:15am Roni	Deep Stretch Yoga 8:15am-9am Donna	All Core 8:30am-9:15am Roni	Bootcamp 9am-10am Jozlyn	Concert Cycle 9am- 10am Angel
Boxing Fitness 10:45am-11:45am Sydney	Womens Strength 9am-10am Tina	Signature Cycle 9:30am-10:30am Roni	Womens Strength 9am-10am Tina	Signature Cycle 9:30am-10:30am Roni	Endurance Cycle 9:30am-10:30am Amy W	Barre 9am-10am Jennifer
Deep Stretch 10:45am-11:45am Donna	Bootcamp 9am- 10am Jozlyn	Barre 9:30am-10:30am Angel	Bootcamp 9am- 10am Jozlyn	Barre 9:30am-10:30am Angel	Barre 9:30am-10:30am Roni	Yoga 9am-10am Tara
Core & Strength 10:45am-11:45am Yira	Signature Cycle 9:30am-10:30am Kellie	Yoga 9:30am-10:30am Yira	Signature Cycle 9:30am-10:30am Kellie	Yoga 9:30am- 10:30am Yira	Yoga 9:30am-10:30am Becky	Bootcamp 10am-11am Jozlyn
	Barre 9:30am- 10:30am Roni	Body 10:30am-11:30am Kelly K	Cardio Splash 9:30am-10:30am Nancy	Body 10:30am-11:30am Kelly K	Pilates 9:30am-10:30am Amy H	Kids Bootcamp (Ages 4-12) 10am-11am Carlie
	Pilates 9:30am- 10:30am Amy H	Piyo 10:45am-11:45am Yira	TRX 10:30am- 11:30am Geoff	Piyo 10:45am-11:45am Yira	Cardio Splash 10am-11am Cynthia	Aqua Zumba 10am-11am Vivian
	Cardio Splash 9:30am-10:30am Nancy	Deep Stretch 10:45am-11:45am Angel	Zumba 10:45am- 11:45am Ayanna	Deep Stretch 10:45am-11:45am Angel	Cycle/Drop In 10:45am-11:30am	Max Endurance Cycle 11am-12pm Sydney
	Express Cycle 10:45am-11:30am Amy H	Barre 12pm-12:45pm Amy W	Senior Ride 11am- 12pm Nancy	Barre 12pm- 12:45pm Stephany	Deep Stretch 10:45am-11:45am Becky	Boxing 11:15am-12:15pm Josh
	Deep Stretch Yoga 10:45am-11:45am Becky	Signature Cycle 5:30pm-6:30pm Jozlyn	Express Cycle 4:30pm-5:15pm Jozlyn	Signature Cycle 5:30pm-6:30pm Jozlyn	Zumba 10:45am-11:45am Ayanna	Zumba 11:15am-12:15pm Ayanna
	Zumba 10:45am- 11:45am Ayanna	Power Chain 5:30pm-6:30pm Rachel	Signature Cycle 5:30pm-6:30pm Melissa	Sculpt & Strength 5:30pm-6:30pm Rachel		Max Endurance Cycle 12pm-1pm Sydney
	Express Cycle 4:30pm-5:15pm Jozlyn	Barre 5:30pm-6:30pm Emily	Barre 5:30pm- 6:30pm Jennifer			
	Signature Cycle 5:30pm-6:30pm Melissa	Kids ABC 5:30pm-6:30pm Brittany	Yoga 5:30pm- 6:30pm Andrea	Kids Bootcamp 5:30pm-6:30pm Brittany		
	Barre 5:30pm- 6:30pm Angel	Cardio Splash 5:30pm-6:30pm Cynthia	Cardio Bootcamp 6:30-7:30pm Rachel	Cardio Splash 5:30pm-6:30pm Cynthia		
	Cardio Bootcamp 6:30-7:30pm Rachel	Boxing Fitness 6:30pm-7:30pm Sydney	MAX Endurance 6:45pm-8:15pm Peter	Boxing Fitness 6:30pm-7:30pm Josh		
	MAX Endurance 6:45pm-8:15pm Peter		Deep Stretch 6:45pm-7:45pm Andrea			
	Deep Stretch 6:45pm-7:45pm Angel					