

October 2020 Group Fitness Class Schedule



Telephone for Class Sign-ups: 435-647-5555 Fitness schedule is subject to change

	Sunday 4-Oct	Monday 5-Oct	Tuesday 6-Oct	Wednesday 7-Oct	Thursday 8-Oct	Friday 9-Oct	Saturday 10-Oct	
Classes are limited in size due to social distancing guidelines. Please book online or telephone the Spa desk to reserve your spot.		8 Tabata Jaada 9 TBC Jaada 10 Total Barre Jaada	6 TBC Miranda 9 Circuit Haley 10 Body & Bands Haley 4 Yoga Meri	6 Circuit Keri 8 TBC Miranda 9 Cycle Miranda 10 Stretch & Stability Haley	6 Tabata Karen 7:30 TBC Claire 9 TBC Haley 10 Stretch & Stability Haley	6 Circuit Shan 8 Tabata Haley 9 Body & Bands Haley 10 Cardio Burst Haley	7:30 Circuit Haley 8:30 Circuit Haley 9:30 Stretch & Stability Haley	
	Sunday 11-Oct	Monday 12-Oct	Tuesday 13-Oct	Wednesday 14-Oct	Thursday 15-Oct	Friday 16-Oct	Saturday 17-Oct	
		8 TBC Haley 9 Circuit Haley 10 Stretch & Stability Haley	6 Tabata Miranda 9 Circuit Haley 10 Stretch & Stability Haley 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Stretch & Stability Miranda 10 Body & Bands Haley	6 Circuit Karen 7:30 Cycle Claire 9 Tabata Claire 10 Yoga Claire	6 Cycle Shan 8 Kick Boxing Jaada 9 Mat Pilates Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Body & Bands Melanie	
	Sunday 18-Oct	Monday 19-Oct	Tuesday 20-Oct	Wednesday 21-Oct	Thursday 22-Oct	Friday 23-Oct	Saturday 24-Oct	
		8 Cycle Jaada 9 TBC Jaada 10 Yoga Jaada	6 TBC Miranda 9 Tabata Jaada 10 Total Barre Jaada 4 Bands & Body Meri	6 Tabata Keri 8 TBC Miranda 9 Circuit Miranda 10 Mat Pilates Jaada	6 TBC Karen 7:30 Circuit Claire 9 Kick Boxing Jaada 10 Yoga Jaada	6 Circuit Shan 8 TBC Jaada 9 Total Barre Jaada 10 Cardio Burst Jaada	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra	
	Sunday 25-Oct	Monday 26-Oct	Tuesday 27-Oct	Wednesday 28-Oct	Thursday 29-Oct	Friday 30-Oct	Saturday 31-Oct	
	Please sign up by 5pm the day prior to attend the classes colored in blue. Class will not be held unless members have signed up the day prior.		8 TBC Jaada 9 Circuit Jaada 10 Mat Pilates	6 TBC Miranda 9 Kick Boxing Jaada 10 Total Barre Jaada 4 Yoga Meri	6 Circuit Keri 8 TBC Miranda 9 Bands & Body Miranda 10 Yoga Jaada	6 Tabata Karen 7:30 Circuit Claire 9 Tabata Jaada 10 Mat Pilates	6 Cycle Shan 8 Circuit Jaada 9 Total Barre Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Body & Bands Melanie
		Sunday 1-Nov	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov	Saturday 7-Nov
			8 Kick Boxing 9 TBC Jaada 10 Total Barre Jaada	6 Circuit Miranda 10 Yoga Jaada 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Cycle Miranda 10 Mat Pilates Jaada	6 Circuit Karen 7:30 TBC Claire 9 Tabata Jaada 10 Yoga Jaada	6 Tabata Shan 8 TBC Jaada 9 Mat Pilates Jaada 10 Cardio Burst Jaada	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra