

NIAC GROUP X & SPIN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00- 7:00 XFit w/ Maren	5:45-6:30 PILATES w/ Annie	5:15-6:00 HIIT w/ Melissa	5:45-6:30 PILATES w/Amy	5:15- 6:00 HIIT w/ Melissa	8:00- 9:00 HIIT w/ Melissa	
8:30- 9:15 HIIT basics w/ Kristie	6:30- 7:30 Private Class w/ Annie	6:00-7:00 HIGH w/ Destry	8:00-9:00 YOGA w/ Lo	6:30- 7:30 Private Class w/ Annie	9:00- 10:00 YOGA w/ Meg	
9:15- 10:00 STEP INTO w/ Tanya	8:00- 9:00 YOGA w/ Lo	10:00-11:00 BARRE w/ Tanya	10:00-11:00 BOOTCAMP w/ Annie	8:30- 9:15 HITT basics w/ Kristie	10:15-11:15 STRONGMAN w/ Blake	
10:00-11:00 BARRE W/Tanya	9:10- 10am HIGH w/ Destry	11:15- 12:00 STRONGMAN w/ Blake		9:15- 10:00 HIGH w/ Destry	12:00-1:00 Posing Practice	
	10:00- 11:00 BOOTCAMP w/ Annie					
PM	PM	PM	PM	PM	PM	PM
12:00-1:00 XFit w/ Connor	12:00- 1:00 XFit w/ Maren	5:30-6:30 XFit w/ Connor	12:00-1:00 XFit w/ Phil			4:30- 5:30 RESTORATIVE YOGA w/ Meggie
5:30-6:30 XFit w/ Shad	5:30- 6:15 HIIT w/ Carissa	7:00-9:00 Hearts Wide Open Ecstatic Dance	4:30- 5:15 Glute Gains w/ Jenny			
	6:20- 7:20 YOGA w/ Meg		5:30-6:15 HIIT w/ Carissa			
			6:20-7:20 PILATES w/ Judy			

SPIN
Monday: 5:45- 6:30 w/ Lacey 9:00-9:45 w/ Maren 5:30- 6:15 w/ spin instructor
Tuesday: 5:15- 6:00 w/ Lacey 9:00- 9:45 w/ Tanya
Wednesday: 9:00-9:45 w/ Christina 5:30-6:15 w/ Carissa
Thursday: 5:15-6:00 w/ Delora 9:00- 9:45 w/ Kristie
Friday: 5:45- 6:30 w/ Amy 9:00-9:45 w/ Wendy
Saturday: 8:15-9:00 w/ Wendy

* as of January '24