

## NIAC GROUP X & SPIN SCHEDULE

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

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

\* as of January '24