





























# GROUP EXERCISE SCHEDULE - CULM VALLEY

## April - June 2024

**PLEASE NOTE:**

For health & safety reasons, those arriving 5 minutes after the advertised class start time will not be permitted to join the class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BUMS, TUMS, THIGHS 8:30 - 9:15 AM (AW)	 PILATES 9:15 - 10:15 AM (KR)	 STUDIO CYCLE 7:15 - 7:45 AM (SF)	 TRIPLE CHALLENGE 9:30 - 10:15 AM (AW)	 METAFIT 7:15 - 7:45 AM (SF)	 FUNCTIONAL FITNESS* 9:00 - 9:30 AM (FITNESS TEAM)	
 BUMS, TUMS, THIGHS 9:30 - 10:30 AM (AW)	 PILATES 10:30 - 11:30 AM (KR)	 FITNESS PILATES 9:15 - 10:15 AM (CH)	 HATHA YOGA 10:30 - 12:00 PM (JK)	 BOXING BLITZ 9:30 - 10:30 AM (SW)		
 METAFIT 5:30 - 6:00 PM (SF)	 BODY CONDITIONING 9:30 - 10:15 AM (AW)	 FUNCTIONAL FITNESS* 10:15 - 10:45 AM (FITNESS TEAM)	 BOXING BLITZ 6:00 - 6:45 PM (SW)	 YOGA 11:00 - 12:15 PM (HC)		
 BUMS, TUMS, THIGHS 6:00 - 6:45 PM (AW)	 AB ATTACK 5:30 - 6:00 PM (AW)	 AB ATTACK 6:00 - 6:30 PM (AW)	 FUNCTIONAL FITNESS* 6:15 - 6:45 PM (FITNESS TEAM)			
 YOGA 6:45 - 8:00 PM (HC)	 FITNESS PILATES 6:00 - 6:45 PM (RS)	 STUDIO CYCLE 6:45 - 7:15 PM (AW)	 FITNESS PILATES 7:00 - 8:00 PM (RS)			
 STUDIO CYCLE 7:00 - 7:30 PM (AW)	 FUNCTIONAL FITNESS* 6:15 - 6:45 PM (FITNESS TEAM)					
	 STUDIO CYCLE 6:15 - 6:45 PM (AW)					
	 PIYO 7:00 - 7:45 PM (AW)					

AW = ALI  
CH = CHARLOTTE  
HC = HEATHER

JK = JENNY  
KR = KAREN  
RS = RACHEL

SF = SAM  
SW = SARAH

 GROUP CYCLE  
 CALORIE BURNING  
 STRENGTH & TONE  
 RELAXATION

\* Based in the functional studio

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