



December 18-24  
 North Austin Branch  
 December 18th - December 24th

1000 W. Rundberg Ln  
 Austin, TX 78758  
 (512) 973-9622

	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24
<b>5am</b>	<b>RPM™</b> Indoor Cycling Room Sean Mc 5:45am - 6:30am	<b>Aqua Cardio Mix</b> Instructional Pool Kendra J 5:45am - 6:30am	<b>RPM™</b> Indoor Cycling Room Sean Mc 5:45am - 6:30am	<b>Aqua Cardio Mix</b> Instructional Pool Kendra J 5:45am - 6:30am	<b>RPM™</b> Indoor Cycling Room Alexandra W 5:45am - 6:30am		
<b>7am</b>	<b>Zumba®</b> Group Exercise Room Colette M 7am - 8am						
<b>8am</b>	<b>BODYPUMP™</b> Group Exercise Room Tina R 8:15am - 9:15am	<b>Tai Chi</b> Yoga Studio Louis K 8am - 9am	<b>BODYPUMP™ Express</b> Group Exercise Room Tina R 8:30am - 9:15am	<b>Tai Chi</b> Yoga Studio Louis K 8am - 9am	<b>Mat Pilates</b> Yoga Studio Tina R 8am - 9am		
	<b>RPM™ Express</b> Indoor Cycling Room Robin N 8:30am - 9am	<b>Zumba®</b> Group Exercise Room Vanessa W 8:15am - 9:15am	<b>Aqua Interval</b> Instructional Pool Karen S 8:30am - 9:30am				
	<b>Aqua Interval</b> Instructional Pool Karen S 8:30am - 9:30am						
<b>9am</b>	<b>Vinyasa Yoga</b> Yoga Studio Joanna F 9am - 10am	<b>Hatha Yoga</b> Yoga Studio Helaine T 9:30am - 10:30am	<b>Vinyasa Yoga</b> Yoga Studio KC S 9am - 10am	<b>Step &amp; Strong</b> Group Exercise Room Tina R 9:15am - 10:15am	<b>Vinyasa Yoga</b> Yoga Studio KC S 9:30am - 10:30am	<b>Zumba®</b> Group Exercise Room Colette M 9am - 10am	
	<b>CXWORX®</b> Indoor Cycling Room Robin N 9am - 9:30am		<b>Zumba®</b> Group Exercise Room Tina R 9:30am - 10:30am	<b>Hatha Yoga</b> Yoga Studio Helaine T 9:30am - 10:30am			
	<b>Zumba®</b> Group Exercise Room Tina R 9:30am - 10:30am						
<b>10am</b>	<b>Hatha Yoga</b> Yoga Studio Margot V 10:15am - 11:15am	<b>RPM™</b> Indoor Cycling Room Robin N 10:15am - 10:45am	<b>CXWORX®</b> Group Exercise Room Tina R 10:30am - 11am	<b>RPM™</b> Indoor Cycling Room Robin N 10:15am - 10:45am		<b>HIIT</b> Indoor Cycling Room Patrick L 10am - 11am	
						<b>Yin Yoga</b> Yoga Studio Melissa G 10am - 11:15am	
						<b>Aqua Cardio Mix</b> Instructional Pool Jennifer K 10:15am - 11:15am	
<b>11am</b>						<b>Vinyasa Yoga</b> Yoga Studio Christy D 11:30am - 12:30pm	
<b>5pm</b>	<b>RPM™</b> Indoor Cycling Room Alexandra W 5:45pm - 6:30pm	<b>Active Older Adult Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>RPM™</b> Indoor Cycling Room Robin N 5:15pm - 6pm	<b>Active Older Adult Aqua Range of Motion</b> Instructional Pool Bill C 5pm - 6pm	<b>RPM™</b> Indoor Cycling Room Patrick L 5:15pm - 6pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24
		<b>BODYPUMP™ Express</b> Group Exercise Room Sean Mc 5:15pm - 6pm		<b>Zumba®</b> Group Exercise Room Megan M 5:15pm - 6:15pm			
		<b>RPM™</b> Indoor Cycling Room Patrick L 5:15pm - 6pm					
<b>6pm</b>	<b>Breath and Mind</b> Yoga Studio Vinita B 6pm - 7:30pm	<b>Yin Yoga</b> Yoga Studio Margot V 6pm - 7pm	<b>HIIT</b> Indoor Cycling Room Patrick L 6:15pm - 7:15pm	<b>RPM™</b> Indoor Cycling Room Patrick L 6:15pm - 7pm			
	<b>BODYPUMP™</b> Group Exercise Room Ashley W 6:30pm - 7:30pm	<b>CXWORX®</b> Group Exercise Room Sean Mc 6pm - 6:30pm	<b>BODYPUMP™</b> Group Exercise Room Ashley W 6:30pm - 7:30pm	<b>Cardio Mix</b> Group Exercise Room Elaine T 6:30pm - 7:15pm			
	<b>HIIT</b> Indoor Cycling Room Patrick L 6:45pm - 7:45pm	<b>Cardio Mix</b> Group Exercise Room Elaine T 6:30pm - 7:15pm					
<b>7pm</b>			<b>Zumba®</b> Group Exercise Room Megan M 7:30pm - 8:30pm	<b>Core</b> Indoor Cycling Room Patrick L 7:15pm - 7:45pm			

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