



December 25-31
 North Austin Branch
 December 25th - December 31st

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

	MON 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30	SUN 31
5am		Aqua Cardio Mix Instructional Pool Kendra J 5:45am - 6:30am		Aqua Cardio Mix Instructional Pool Kendra J 5:45am - 6:30am	RPM™ Indoor Cycling Room Alexandra W 5:45am - 6:30am		
8am		Tai Chi Yoga Studio Louis K 8am - 9am	BODYPUMP™ Express Group Exercise Room Tina R 8:30am - 9:15am	Tai Chi Yoga Studio Louis K 8am - 9am	Mat Pilates Yoga Studio Tina R 8am - 9am		
		Zumba® Group Exercise Room Vanessa W 8:15am - 9:15am	Aqua Interval Instructional Pool Karen S 8:30am - 9:30am				
9am		Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am	Zumba® Group Exercise Room Tina R 9:30am - 10:30am	Step & Strong Group Exercise Room Tina R 9:15am - 10:15am	Vinyasa Yoga Yoga Studio KC S 9:30am - 10:30am	Zumba® Group Exercise Room Colette M 9am - 10am	
				Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am			
10am		RPM™ Indoor Cycling Room Robin N 10:15am - 10:45am	CXWORX® Group Exercise Room Tina R 10:30am - 11am	RPM™ Indoor Cycling Room Robin N 10:15am - 10:45am		HIIT Indoor Cycling Room Patrick L 10am - 11am	
						Yin Yoga Yoga Studio Melissa G 10am - 11:15am	
						Aqua Cardio Mix Instructional Pool Jennifer K 10:15am - 11:15am	
						CXWORX® Group Exercise Room Sean Mc 10:30am - 11am	
11am			Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm			Vinyasa Yoga Yoga Studio Christy D 11:30am - 12:30pm	
5pm		Active Older Adult Aqua Range of Motion Instructional Pool Bill C 5pm - 6pm	RPM™ Indoor Cycling Room Robin N 5:15pm - 6pm	Active Older Adult Aqua Range of Motion Instructional Pool Bill C 5pm - 6pm	RPM™ Indoor Cycling Room Patrick L 5:15pm - 6pm		
		RPM™ Indoor Cycling Room Patrick L 5:15pm - 6pm		Zumba® Group Exercise Room Megan M 5:15pm - 6:15pm			
6pm	HIIT Indoor Cycling Room Patrick L 6:45pm - 7:45pm	Yin Yoga Yoga Studio Margot V 6pm - 7pm	HIIT Indoor Cycling Room Patrick L 6:15pm - 7:15pm	RPM™ Indoor Cycling Room Patrick L 6:15pm - 7pm			

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 25	TUE 26	WED 27	THU 28	FRI 29	SAT 30	SUN 31
7pm			Zumba® Group Exercise Room Megan M 7:30pm - 8:30pm	Core Indoor Cycling Room Patrick L 7:15pm - 7:45pm			

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