



November 2017
 North Austin Branch
 November 1st - November 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	RPM™ Indoor Cycling Room Sean Mc 5:45am - 6:30am	Aqua Cardio Mix Instructional Pool Kendra J 5:45am - 6:30am	RPM™ Indoor Cycling Room Sean Mc 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		
7am	Zumba® Group Exercise Room Colette M 7am - 8am						
8am	BODYPUMP™ Group Exercise Room Tina R 8:15am - 9:15am	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		
	Aqua Interval Instructional Pool Karen S 8:30am - 9:30am	Zumba® Group Exercise Room Vanessa W 8:15am - 9:15am	Aqua Interval Instructional Pool Karen S 8:30am - 9:30am	PiYo® Live Group Exercise Room Carrie H 8:15am - 9am	Aqua Cardio Mix Instructional Pool Helena T 8:30am - 9:30am		
	RPM™ Express Indoor Cycling Room Robin N 8:30am - 9am	Aqua Cardio Mix Instructional Pool Jenny M 8:30am - 9:30am		Aqua Cardio Mix Instructional Pool Jenny M 8:30am - 9:30am			
9am	CXWORX® Indoor Cycling Room Robin N 9am - 9:30am	Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am	Vinyasa Yoga Group Exercise Room KC S 9am - 10am	Step & Strong Group Exercise Room Tina R 9:15am - 10:15am	Vinyasa Yoga Yoga Studio KC S 9:30am - 10:30am	RPM™ Indoor Cycling Room Jordan B 9am - 9:45am	
	Vinyasa Yoga Yoga Studio Joanna F 9am - 10am		Zumba® Group Exercise Room Tina R 9:30am - 10:30am	Hatha Yoga Yoga Studio Helaine T 9:30am - 10:30am	Zumba® Group Exercise Room Desiree H 9:30am - 10:30am	Zumba® Group Exercise Room Colette M 9am - 10am	
	Zumba® Group Exercise Room Tina R 9:30am - 10:30am				RPM™ Group Exercise Room Jordan B 9:45am - 10:30am		
10am	Hatha Yoga Yoga Studio Margot V 10:15am - 11:15am	RPM™ Indoor Cycling Room Robin N 10:15am - 10:45am	Core Yoga Studio Carrie H 10:15am - 11am	RPM™ Indoor Cycling Room Robin N 10:15am - 10:45am	CXWORX® Group Exercise Room Jordan B 10:30am - 11am	HIIT Indoor Cycling Room Patrick L 10am - 11am	
			CXWORX® Group Exercise Room Tina R 10:30am - 11am	Mat Pilates Yoga Studio Kym W 10:30am - 11:30am		BODYPUMP™ Express Group Exercise Room Alcides C 10am - 10:30am	
				BODYPUMP™ Group Exercise Room Alcides C 10:30am - 11:30am		Yin Yoga Yoga Studio Melissa G 10am - 11am	
						Aqua Cardio Mix Instructional Pool Jennifer K 10:15am - 11:15am	
						CXWORX® Group Exercise Room Sean Mc 10:30am - 11am	

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	TUE	WED	THU	FRI	SAT	SUN
11am	P90X® LIVE Group Exercise Room Carrie H 11:15am - 12:15pm		Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm	Zumba® Gold Group Exercise Room Fabiana R 11:30am - 12:15pm	Cardio Agility Group Exercise Room Jordan B 11:15am - 12:15pm	Vinyasa Yoga Yoga Studio Christy D 11:30am - 12:30pm	
				Stretch Yoga Studio Kym W 11:30am - 12pm			
3pm							Zumba® Group Exercise Room Fabiana R 3pm - 4pm
4pm							Yin Yoga Yoga Studio Molli N 4:15pm - 5:15pm
5pm	Zumba® Group Exercise Room Desiree H 5:30pm - 6:30pm	Active Older Adult Aqua Range of Motion Instructional Pool Bill C 5pm - 6pm	Zumba® Step Group Exercise Room Desiree H 5:15pm - 6:15pm	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 Alexandra W 5:45pm - 6:30pm	BODYPUMP™ Express Group Exercise Room Sean Mc 5:15pm - 6pm	RPM™ Indoor Cycling Room Robin N 5:15pm - 6pm	Zumba® Group Exercise Room Dee E 5:15pm - 6:15pm	Core Group Exercise Room Alcides C 5:30pm - 6pm		
		RPM™ Indoor Cycling Room Patrick L 5:15pm - 6pm					
6pm	Breath and Mind Yoga Studio Vinita B 6pm - 7:30pm	Yin Yoga Yoga Studio Margot V 6pm - 7pm	Hatha Yoga Yoga Studio Anastasia G 6pm - 7pm	Gentle Hatha Yoga Yoga Studio Anastasia G 6pm - 7:30pm	Upper Body Strong Group Exercise Room Alcides C 6pm - 6:30pm		
	BODYPUMP™ Group Exercise Room Ashley W 6:30pm - 7:30pm	CXWORX® Group Exercise Room Sean Mc 6pm - 6:30pm	HIIT Indoor Cycling Room Patrick L 6:15pm - 7pm	RPM™ Indoor Cycling Room Patrick L 6:15pm - 7pm	BODYPUMP™ Group Exercise Room Alcides C 6:45pm - 7:45pm		
	HIIT Indoor Cycling Room Patrick L 6:45pm - 7:30pm	Cardio Mix Group Exercise Room Elaine T 6:30pm - 7:15pm	BODYPUMP™ Group Exercise Room Ashley W 6:30pm - 7:30pm	Cardio Mix Group Exercise Room Elaine T 6:30pm - 7:15pm			
7pm		Zumba® Group Exercise Room Fabiana R 7:15pm - 8:15pm	Zumba® Group Exercise Room Dee E 7:30pm - 8:30pm	Core Indoor Cycling Room Patrick L 7:15pm - 7:45pm			
			Core Terrace Chelsea E 7:30pm - 8pm				

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