

NB FITNESS CLUB

Group Fitness Calendar

This Group Fitness Schedule is subject to change- for live updates, please refer to MyiClub and social media! Advanced registration via your MyiClub portal is required for all classes to guarantee a spot. Arriving after designated start time forfeits spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Cycling 6:30am - 7:15am w/ Lauren S.</p> <p>Bodypump 12:00pm - 12:45pm w/ Amy M.</p> <p>Cardio Dance 5:30pm - 6:15pm w/ Alejandra</p> <p>Cycling 6:00pm - 6:45pm w/ Amy W.</p> <p>Bodypump 6:30pm - 7:15pm w/ Mary-Jane</p>	<p>Muscle Recovery Flow 6:30am - 7:30am w/ Harley</p> <p>Beginner Yoga 12:00pm - 12:45pm w/ Harley</p> <p>Tread & Tone 5:15pm - 6:00pm *On treadmills w/ Amy</p> <p>KB Flow 5:00pm - 5:45pm w/ Kyle</p> <p>Cycling 6:00pm - 6:45pm w/ Kate S.</p> <p>Strength Yoga 6:30pm - 7:30pm w/ Harley</p>	<p>Bodypump 6:30am - 7:15am w/ Rylee</p> <p>Cycling 6:30am-7:15am w/ Lauren S.</p> <p>Mat Pilates 7:30am - 8:15am w/ Hailey</p> <p>Yoga Sculpt 12:00pm - 12:45pm w/ Abby S.</p> <p>Yoga 5:20pm - 6:20pm w/ Harley</p> <p>Cycling 6:00pm - 6:45pm w/ Lauren M. (Check out every week's music theme)</p> <p>Bodypump 6:30pm - 7:15pm w/ Mary-Jane</p>	<p>HIIT 5:45am - 6:30am w/ Amy W.</p> <p>Barre 12:00pm - 12:45pm w/ Harley</p> <p>Tread & Tone 5:00pm - 5:45pm *On treadmills w/ Kyle</p> <p>Cardio Dance 5:30pm - 6:15pm w/ Alejandra</p> <p>Cycling 5:30pm - 6:15pm w/ Lauren M.</p> <p>Body Combat 6:30pm - 7:15pm w/ Bridgette</p>	<p>Cycling 6:30am - 7:15am w/ Taylor</p> <p>Yoga Sculpt 6:30am - 7:30am w/ Abby</p> <p>HIIT 1:00pm - 1:45pm w/ Alejandra</p> <p>Yoga 5:30pm - 6:30pm w/ Marissa</p>	<p>Cycling 9:00am - 9:45am w/ Henry</p> <p>Tread & Tone 9:00am - 9:45am w/ Kyle</p> <p>Zumba 11:30am - 12:15pm w/ Jessica</p>	<p>Cycling 10:00am - 10:45am w/ Kate</p>

