













# Reno Group Class Schedule

(Effective: 01/02/2017)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-7:00am <b>BOOT CAMP</b> Colie - Group X Room		6:00am-7:00am <b>BOOT CAMP</b> Colie - Group X Room		6:00am-7:00am <b>BOOT CAMP</b> Colie - Group X Room	9:00am-10:00am <b>Cycle</b>  Rachel-Cycle Room
	11:05am-11:55am <b>MUSCLE BURN</b> Cristin - Group X Room	11:05am-11:55am <b>Tabata Fitness</b> Melissa - Group X Room	11:05am-11:55am <b>Cycle Burn</b>  Rachel - Cycling Room	12:05pm-12:55pm <b>Cycle</b>  Rachel - Cycling Room	10:00am-11:00am <b>Power Yoga</b> Rachel - Group X Room
	12:10pm-12:55pm <b>Insanity</b> Stephanie - Group X Room	12:05pm-12:55pm <b>Cycle</b>  Melissa - Cycling Room	12:10pm-12:55pm <b>Insanity</b> Stephanie - Group X Room	12:05pm-12:55pm  Jeff - Group X Room	11:05am-11:55am <b>Insanity</b> Stephanie-Group X Room
12:05pm-12:55pm Pilates  Rachel - Cycle Room	12:05pm-12:55pm <b>Cycle</b>  Rachel - Cycling Room	12:05pm-12:55pm <b>Vinyasa Flow Yoga</b> Rachel - Group X Room	12:05pm-12:55pm Yoga + Pilates  Rachel - Cycling Room		
5:30pm-6:30pm <b>Cycle</b>  Lisa O - Cycling Room					
	5:30pm-6:30pm <b>Cycle + Yoga</b>  Rachel - Cycling Room				