



Elmwood class schedule

effective April 29, 2019

OnDemand Virtual classes are available when GX studio is not in use
Please scan in at kiosk across from studio prior to attending any class
GX and Cycling classes are not included with guest privileges

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM Virtual BODYCOMBAT		5:30 AM Virtual BODYCOMBAT		5:30 AM Virtual BODYFLOW		
5:30 AM Catalyst Cycle Devan	5:30 AM BODYPUMP Express Taylor	5:30 AM Catalyst Cycle Ruth	5:30am BODYPUMP Express Taylor	5:30 AM Catalyst Cycle Devan		
6:30 - 7AM Virtual BODYFLOW Flexibility	6:30 - 7AM Virtual CXWORX	6:30 - 7 AM Virtual BARRE	6:30 - 7 AM Virtual CXWORX	6:30 - 7 AM Virtual GRIT CARDIO	8:00 - 8:30 AM Virtual GRIT PLYO	8:30 - 9:30 AM Virtual BODYFLOW
					9:00 AM BODYPUMP Andrea	9:30 - 10:15 AM Virtual SH'BAM
9:30 AM Virtual BODYFLOW	9:30 AM Virtual BODYPUMP	9:30 - 10:00 AM Virtual SH'BAM	9:30 AM Virtual BODYPUMP	9:30 - 10:00 AM Virtual BODYCOMBAT	9:00 AM Catalyst Cycle Devan	9:30 AM Catalyst Cycle Alicia
10:00 - 10:30 AM Virtual CXWORX		10:00 - 10:30 AM Virtual BARRE		10:00 - 10:30 AM Virtual CXWORX	10:00 AM Stretch & ROM Chris C	10:30 AM BODYPUMP Amy Z
10:30 - 11:00 AM Virtual SH'BAM	10:30 - 11:00 AM Virtual BODYCOMBAT	10:30 - 11:00 AM Virtual CXWORX	10:30 - 11:00 AM Virtual BODYCOMBAT	10:30 - 11:00 AM Virtual SH'BAM	11:00 - 11:30 AM Virtual CXWORX	11:30 - 12 PM Virtual BARRE
					11:30 - 12:15 PM Virtual SH'BAM	12:00 - 12:30 PM Virtual GRIT CARDIO
	3:00 - 4:00 PM Virtual BODYPUMP	3:00 - 3:30 PM Virtual BODYFLOW Strength	3:00 - 3:30 PM Virtual BODYPUMP	3:00 - 3:30 PM Virtual GRIT PLYO		
	4:00 - 5:00 PM Virtual BODYCOMBAT	3:30 - 4:00 PM Virtual SH'BAM	3:30 - 4:30 PM Virtual BODYCOMBAT	3:30 - 4:00 PM Virtual CXWORX		
4:30 PM Virtual BODYFLOW			4:30 - 5:15 PM Virtual SH'BAM	4:30 PM Virtual BODYPUMP		
6:00 PM BODYCOMBAT Lisa F	6:00 PM BODYPUMP Amy Z	6:00 PM BODYCOMBAT Amy Z	6:00 PM BODYPUMP Denise			
6:30 PM RPM Denise		6:30 PM Catalyst Cycle Dana		6:30 - 7:00 PM Virtual CXWORX		
7:00 PM Zumba Lauren	7:15PM Bootcamp conditioning Marcus	7:00 PM Zumba Edwin	7:15 PM SPRINT Denise	7:00 - 7:45 PM Virtual SH'BAM		
8:00 PM Virtual BODYFLOW		8:00 PM Yoga Ashley	8:00 - 8:30 PM Virtual CXWORX	8:00 PM Virtual BODYPUMP		
			8:30 - 9PM Virtual BARRE			