

Bethany Athletic Club Group Exercise Schedule: Fall 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:25am Cycle Herb CS	5:30am - 6:30am LesMills BodyPump Kari GX	5:30am - 6:25am Cycle Herb CS	5:30am - 6:30am LesMills BodyPump Kari GX	5:30am-6:30am Cycle Herb CS		
5:30am - 6:25am Barre Burn Kari MB		5:30am - 6:25am Barre Burn Kari MB				
5:30am - 6:25am Cardio Xtreme Julie GX	6:00am - 6:55am Aqua H.I.I.T Ithica SP		6:00am - 6:55am Aqua H.I.I.T Ithica SP	5:30am - 6:25am Cardio Xtreme Michele GX		
	8:00am - 8:55am Mat Pilates Stephanie MB	7:00am - 7:55am Mat Pilates Stephanie MB		8:15am - 9:10am Fitness Basics Helena GX	8:00am - 8:55am LesMills BodyPump Samantha GX	8:15am - 9:10am Yoga Basics Mo MB
8:15am - 9:10am Fitness Basics Helena GX	8:30am - 9:25am Cardio/Sculpt Breanna GX	8:15am - 9:10am Fitness Basics Helena GX	8:30am - 9:25am Cardio/Sculpt Breanna GX	8:15am - 9:10am Barre Fusion Michaela MB	8:00am - 8:55am Vinyasa Flow Chris MB	9:30am - 10:25am Cardio Xtreme Melanie GX
8:15am - 9:10am Barre Strength Diane MB	9:00am - 9:55am Aqua Zumba Stephanie SP	8:15am - 9:10am Barre Strength Diane MB	8:30am - 9:25am Iyengar Yoga Nuvana MB	9:00am - 9:55am Aqua Fusion Ithica SP	9:00am - 9:55am Power Yoga Chris MB	10:15am - 11:10am Iyengar Yoga Nuvana MB
9:00am - 9:55am Aqua Zumba Tyler SP	9:15am - 10:10am Yoga Basics Jodi MB	9:00am - 9:55am Aqua Fusion Ithica SP	9:00am - 9:55am Aqua Fusion Ithica SP	9:30am - 10:25am Cycle Herb CS	9:00am - 9:55am Strong by Zumba Michelle GX	11:15am - 12:10pm Iyengar Yoga Nuvana MB
9:15am - 10:10am Cycle Michaela CS	9:30am - 10:25am TRX Circuit Diane ATR	9:15am - 10:10am Cycle Patrick CS	9:15am - 10:15am Beginning Cycle Jen CS	9:15am - 10:30am TRX H.I.I.T Circuit Michele ATR	9:00am - 9:55am Aqua Fusion Wendy SP	3:00pm - 3:55pm INSANITY Wendy GX
9:15am - 10:10am Yoga Flow Kiyoko MB	9:30am - 10:30am INSANITY Wendy GX	9:15am - 10:10am Yoga Basics Jamie MB	9:30am - 10:30am INSANITY Wendy GX	9:15am - 10:10am Les Mills BodyPump Diane GX	9:00am - 9:45am Cycle Kristi CS	4:00pm - 4:55pm Yin Yoga Jamie MB
9:30am - 11:00am Kickboxing Raellyne ATR		9:30am - 11:00am Kickboxing Raellyne ATR				
9:15am - 10:10am H.I.I.T Blast Michele GX	10:30am - 11:25am Yoga Flow Diane MB	9:15am - 10:10am H.I.I.T Blast Michele GX		9:25am - 10:20am Gentle Yoga Sally MB	10:00am - 11:25am Zumba Toning/Blend Allison GX	5:00pm - 5:55pm Tai Chi Jamie GX
10:10am - 10:25am Ab Lab Michele GX	10:30am - 11:25am Strength Fusion Sally BBC	10:10am - 10:25am Ab Lab Michele GX	9:30am - 10:25am Iyengar Yoga Nuvana MB	10:30am - 11:25am Iyengar Yoga Nuvana MB	10:00am - 11:25am Family Cycle (9+) Kristi CS	6:15pm - 7:10pm Zumba Tyler GX
10:30am - 11:25am Melt Lila MB		10:30am - 11:25am Yin Yoga Jamie MB	9:30am - 10:30am TRX Circuit Diane ATR		10:15am - 11:10am Dancing at the Barre Ethan MB	
10:30am - 11:25am Balance & Strength Sally GX	10:30am - 11:25am POP Pilates Starts 8/20 GX	10:30am - 11:25am Balance & Strength Sally GX	10:30am - 11:25am POP Pilates Starts 8/20 GX	11:00am - 11:55am Strong by Zumba Natalia GX	11:30am - 12:25pm Family Yoga Mo MB	
11:35am - 12:30pm Yoga Flow Lila MB	11:35am - 12:30pm Gentle Yoga Sally MB	12:00pm - 12:55pm Dancing at the Barre Ethan MB	10:30am - 11:25am Yoga Flow Diane MB	11:30am - 12:25pm Meditative Yoga Nuvana MB	12:00pm - 1:00pm Capoeira Michael GX(9+)	
	12:00pm - 12:55pm Zumba Natalia GX	12:00pm - 12:55pm LesMills BodyPump Kristi GX		12:00pm - 12:55pm Zumba Nancy GX	12:30pm - 1:55pm Ballet Basics Ethan MB	
12:00pm - 12:55pm LesMills BodyPump Diane GX	1:00pm - 1:55pm Barre Fusion Michaela MB		11:35am - 12:30pm Yoga Basics Sally MB	12:30pm - 1:30pm Mat Pilates Stephanie MB		
	4:00pm - 5:25pm Ballet Basics Ethan MB	1:00pm - 1:55pm Gentle Yoga Fabiola MB	1:00pm - 1:55pm Barre Fusion Michaela MB			
5:15pm - 6:10pm REFIT Dance Fitness Megan GX	5:30pm - 6:25pm H.I.I.T. Blast Karlie GX	1:05pm - 2:00pm Tai Chi Jamie GX	12:00pm - 12:55pm Zumba Toning Allison GX			
5:30pm - 6:25pm Deep Release Yoga Lanae MB	5:30pm - 6:25pm POP Pilates Nisi MB	5:15pm - 5:45pm Thirty 2 Burn Melanie GX	5:30pm - 6:25pm H.I.I.T. Blast Helena GX	5:30pm - 6:25pm BollywoodZ Aarti GX		
6:00pm - 6:55pm Kickboxing Raellyne ATR	6:00pm - 6:45pm TRX Circuit Patrick ATR	5:45pm - 6:15pm BAC Strength Melanie GX	5:30pm - 6:25pm Pop Pilates Kiyoko MB			
6:00pm - 7:00pm Cycle Patrick CS	6:00pm - 6:55pm Beginning Cycle Herb CS	6:00pm - 6:55pm Cycle Tami CS		6:00pm - 7:25pm Yin Yang Yoga Jamie MB		
6:15pm - 7:10pm INSANITY Wendy GX	6:30pm - 7:25pm Deep Release Yoga Lanae MB	6:25pm - 7:20pm Les Mills BodyPump Samantha GX	6:30pm - 7:25pm Yoga Meditative Moves Kiyoko MB			
6:30pm - 7:25pm Yoga Fusion Jamie MB	6:35pm - 7:30pm Zumba Allison GX	6:30pm - 7:25pm Iyengar Yoga Nuvana MB	6:35pm - 7:30pm REFIT Dance Fitness Megan GX			
7:15pm - 8:10pm Zumba Sylvia GX	7:30pm - 8:25pm Power Yoga Chris MB	7:30pm - 8:25pm Zumba Sylvia GX	7:30pm - 8:25pm Barre Fusion Michaela MB			
7:30pm - 8:25pm Cardio Barre Samantha MB		7:30pm - 8:25pm Iyengar Yoga Nuvana MB	8:15pm - 9:15pm Zumba Toning Natalia GX			

Room Guide:

ATR: Turf Room
 BC: Basketball Court
 CS: Cycle Studio
 GX: Group X Studio
 MB: Mind-Body Studio
 SP: Swimming Pool

Check out our schedule online or on the app!

