



Topeka North OCTOBER 2019 Group Fitness Schedule

Sun: 9:00 am - 6:00 pm Mon: 4:30 am - 10:30 pm Tues: 4:30 am - 10:30 pm Wed: 4:30 am - 10:30 pm Thurs: 4:30 am - 10:30 pm Fri: 4:30 am - 10:00 pm Sat: 7:00 am - 8:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 AM Group Ride (B)	5:15 AM Boot Camp (A)	5:15 AM Group Fight (A)	5:15 AM Boot Camp (A)	5:15 AM Group Fight (A)	5:15 AM Boot Camp (A)	8:00 AM Group Ride (B)
	9:00 AM Group Ride (B)	8:30 AM R-30 (B)	9:00 AM Group Ride (B)	8:30 AM R-30 (B)	9:00 AM G-Cycle (B)	8:00 AM HIIT (A)
	12:00 PM R-30 (B)	9:15 AM Group Power (A)	12:00 PM R-30 (B)	9:15 AM Group Power (A)	5:30 PM Group Power (A)	9:00 AM Ironworks (A)
	5:15 PM Group Core (A)	5:15 PM HIIT Express (A)	5:15 PM Group Core (A)	5:15 PM HIIT Express (A)		10:00 AM Yoga Flow (A)
	5:45 PM Group Fight (A)	5:45 PM Group Power (A)	5:45 PM Group Fight (A)	5:45 PM Group Power (A)		
	6:00 PM Group Ride (B)	6:45 PM Group Centergy (A)	6:00 PM Group Ride (B)			
	6:45 PM Zumba (A)					