



Group Exercise Schedule 2020

STUDIO KEY

A – Aspen Studio M – Maple Studio
O – Orchid (5 & 6) TC – Training Center

Monday

09:00am – 10:00am	Vinyasa Yoga	Shobha	A
10:00am to 11:00am	N2FIT (Paid Class)	Marco	TC
10:00am - 11:00am	Bombay Jam	Nelly	A
5:00pm - 05:55pm	Little Yogis (4 – 8)	Lipica	M
6:00pm - 07:00pm	Tabata	Shelly	A
6:00pm - 07:00pm	Yoga	Latha	M
6:00pm - 7:00pm	N2FIT(Paid class)	Marco	TC
7:00pm – 08:00pm	Stretch/Meditation	Shobha	A

Tuesday

9:00am – 10:00am	Body Blast	Kathy	A
10:00am – 11:00am	BollyCycling	Marco	M
10:00am – 11:00am	Step	Priya	A
6:00pm – 07:00pm	Bombay Jam	Mohini	A
6:00pm – 07:00pm	Yoga	Vandana	M
7:00pm – 08:00pm	Body Blast	Marco	A
7:00pm – 08:00pm	Bombay Jam	Shahiti/Geetika	M
7:00pm-08:00pm	N2FIT(Paid class)	Shelly	TC

Wednesday

9:00am – 10:30 am	Yoga Shakti Flow	Lipica	KC
10:00am to 11:00am	N2FIT (Paid Class)	Marco	TC
10:00am - 11:00am	Bombay Jam	Aparna/Ramya	A
6:00pm – 07:00pm	Tabata	Shelly	A
7:00pm - 8:00pm	Yoga	Anita	A
6:00pm – 07:00pm	Salsa	Marco	M
7:00pm - 08:00pm	N2 FIT (Paid class)	Shelly	TC

Thursday

9:00am – 10:00am	Body Blast	Kathy	A
10:00am – 11:00am	Dance Fusion	Shelly	A
10:00am – 11:00am	Cycling	Marco	M
5:00pm – 5:55pm	Little Yogis (4-8)	Lipica	M
6:00pm – 7:00pm	Vinyasa Yoga	Shobha	M
6:00pm – 7:00pm	N2FIT youth(Paid class)	Marco	TC
6:00pm – 07:00pm	Dance Fusion	Javier	A
7:00pm – 08:00pm	Bombay Jam	Nilesh	A
7:00pm-8:00pm	N2FIT (Paid class)	Marco	M
7:00pm-8:00pm	N2FIT (Paid class)	Shelly	TC

Friday

09:00am – 10:00am	Pilates	Priya	M
10:00am – 11:00am	Bombay Jam	Meghna	A
11:15am – 12:15pm	Yoga	Dimple	M
6:00 pm – 7:00pm	N2FIT (Paid class)	Marco	TC

Saturday

8:00am – 09:00am	Kickboxing	Priya	A
9:00am – 10:00am	Pranayama Yoga	Dr. Sachin	O
9:00am – 10:00am	N2FIT (paid class)	Shelly	TC
9:00am – 10:00am	Bombay Jam	Percy	A
10:00am – 11:00am	Bombay Jam/ Dance Fusion	Shelly	A
10:00 am – 11:00am	N2FIT youth (Paid class)	Marco	TC

Sunday

9:00am – 10:00am	Salsa	Marco	M
8:00am to 9:00am	N2FIT (Paid Class)	Marco	TC
9:00am – 10:00am	Pranayama Yoga	Dr. Sachin	O
9:00am – 10:00am	Bombay Jam	Percy	A
10:00am – 11:00am	Bombay Jam	Janani	A

POLICY:

Please give cancellation or hold notice
prior 5 days of your membership
renewal date

N2FIT Classes are not Part of membership
EXTRA PAID CLASS