

Tom Landry Group Exercise 2017 – 2nd Quarter

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5:45am Get Ripped & Ride Cycle Studio	5:45am Cycle Cycle Studio	5:45am Cycle Cycle Studio	5:30am A-Lotta-Tabata Studio A	5:45am Cycle Cycle Studio	
6:00am Cardio Barre Studio A	6:00am Play Tough Studio A	6:00am BodyShred Studio A	6:00am Yoga for Athletes Studio B	6:00am Zumba Studio A	
6:00am Yoga for Athletes Studio B	8:30am Core N More Studio A	6:30am Yoga Flow Studio B	8:00am Barre Studio A	6:30am Yoga Flow Studio B	8:30 am Zumba Studio A
	9:00am Pilates Studio A	6:30am K.A.R.B. Studio A	9:00am Zumba Studio A		8:30 am Cycle Cycle Studio
9:00am Cardio Sculpt Studio A	 9:00am Get Ripped & Ride Dora	7:30am Tai Chi Studio A	9:00am Gentle Yoga Studio C	9:00am Barbell Strength Studio A	9:30am Play Tough Studio A
9:00am Gentle Yoga Studio C	10:00am NIA(non-impact aerobics) Studio A	9:00am A-Lotta-Tabata Studio A	9:00am Balance Training Studio B	9:00am Balance Training Studio B	9:30am Yoga Flow Studio B
9:00am Cardio & Strength 3rd Floor	10:00am Cardio & Strength 3rd Floor	9:00am Cardio & Strength 3rd Floor	 9:00am Cycle Express Cycle Studio	10:00am Low Impact A Studio A	10:30am Pre/Post Natal Yoga Studio C
10:00am Pilates Stretch Studio A	10:00am Me & Baby Yoga Pre/post Natal Studio C	10:00am Low Impact A Studio A	10:00am Pilates Gold Studio A	10:00am Yoga Basics Studio B	11:00 am Pilates Fund. Studio A
12:00pm Cardio Barre Studio A	11:00am Land Works Studio A	12:00pm Piloxing Studio A	10:00am NIA-Moving to Heal Studio B	 12:00pm Power Dance Studio A	12:00 pm Pilates 1 Studio A
1:00pm Tai Chi Studio A	12:00pm Iyengar Yoga Studio B	4:15pm Barre Studio A	11:00am Land Works Studio A		12:00pm Gentle Yoga Studio C
4:45pm Cycle Cycle Studio	12:00pm Cycle Express Cycle Studio	4:45pm Cycle Express Cycle Studio	12:00pm Gentle Yoga Studio B		3:00pm Tai Chi Studio A
5:00pm K.A.R.B. Studio A	4:30pm A-Lotta-Tabata Studio A	5:00pm K.A.R.B. Studio A	12:00pm Cycle Express Cycle Studio		3:00pm Yoga Flow Studio B
5:30pm Inner Athlete Studio A	5:30pm Power Yoga Studio C	5:30pm BodyShred Studio A	4:30pm Strength & Stretch Studio A		Sunday
5:30pm Yoga Flow Studio C	5:30pm Iyengar Yoga Studio B	5:30pm Basic Yoga Flow Studio B	5:30pm Pilates 1 Studio A	5:00pm Inner Athlete Studio A	11:15am Barbell Strength Studio A
5:45pm Cycle Cycle Studio	5:30pm Xtreme Fit Lite Studio A	5:45pm Get Ripped & Ride Cycle Studio	5:30pm Iyengar Yoga Studio B	5:30pm Yoga Flow Studio B	1:00pm Yoga Flow Studio A
6:30pm Blast 30 Studio A	6:00pm Pilates 1 Studio A	6:00pm Cardio Dance Studio A	 6:00pm 30/20/10 Studio A		2:00pm Boogie 360 Studio A
7:00pm Iyengar Yoga Studio B	6:45pm Basic Iyengar Yoga Studio B	6:45pm Yoga Flow Studio B	6:30pm Pre/Post Natal Yoga Studio C		
	7:00pm Turbo Kick Studio A	7:00pm Rock N Roll Studio A			