

MEQUON GROUP EXERCISE CLASS SCHEDULE

MONDAY

7:45 - 8:45AM HOT YOGA
8:15 - 8:45AM BTS
8:45 - 9:45AM H2O BLAST
9:15 - 10:15AM HOT YOGA
9:45 - 10:45AM LES MILLS BODY PUMP
5:45 - 6:45PM LES MILLS BODY COMBAT
5:45 - 6:45PM VINYASA YOGA
7:00 - 7:45PM PILATES FUSION

TUESDAY

5:45 - 6:45AM LES MILLS BODY PUMP
8:45 - 9:45AM H2O BLAST
9:00 - 10:00AM BOXING
9:15 - 10:00AM SPIN
9:15 - 10:00AM YOGA SCULPT
10:15 - 11:15AM ZUMBA
5:15 - 6:15PM LES MILLS BODY PUMP
5:45 - 6:45PM HOT YOGA

WEDNESDAY

5:45 - 6:45AM LES MILLS BODY COMBAT
5:45 - 6:30AM SPIN
6:30 - 7:00AM RESTORE
8:00 - 8:45AM H2O DANCE
8:15 - 9:00AM STEP
9:15 - 10:00AM LES MILLS BODY PUMP
9:15 - 10:15AM HOT YOGA
5:30 - 6:30PM VINYASA YOGA
5:45 - 6:30PM CORE FUSION
5:45 - 6:45AM H2O BLAST
6:45 - 7:30PM BARRE

THURSDAY

5:45 - 6:30AM SPIN
6:30 - 7:00AM RESTORE
8:15 - 9:00AM CORE FUSION
8:45 - 9:45AM H2O BLAST
9:15 - 10:00AM BOXING
9:15 - 10:00AM SPIN
10:15 - 11:30AM BEGINNER YOGA
5:15 - 5:45PM HIIT
5:45 - 6:45PM HOT YOGA
6:00 - 7:00PM LES MILLS BODY PUMP

FRIDAY

6:00 - 6:45AM SUNRISE STRETCH & BURN FUSION
7:45 - 8:45AM VINYASA YOGA
8:45 - 9:30AM HIIT & STRENGTH
8:45 - 9:45AM H2O BLAST
9:15 - 10:00AM SPIN
9:15 - 10:15AM VINYASA YOGA

SATURDAY

8:15 - 9:00AM BARRE
8:15 - 9:15AM SPIN
9:15 - 10:15AM VINYASA YOGA
9:45 - 10:45AM LES MILLS BODY PUMP

SUNDAY

7:45 - 8:30AM PILATES MAT
8:30 - 9:30AM SPIN
8:45 - 10:00AM HATHA YOGA
9:45 - 10:30AM CORE STRONG
10:15 - 11:30AM BEGINNER YOGA

**PLEASE MAKE YOUR CLASS RESERVATION
IN THE MEMBER APP**

SCHEDULE IS SUBJECT TO CHANGE, PLEASE CHECK THE MEMBER APP FOR THE MOST UP-TO-DATE INFORMATION.

