# Mequon
## GROUP EXERCISE CLASS SCHEDULE

### MONDAY
- POWER YOGA  MIND/BODY  STUDIO A  5:45-6:45AM
- HOT YOGA  MIND/BODY  STUDIO A  7:45-8:45AM
- BTS  STUDIO A  8:15-9:00AM
- H2O BLAST  LAP POOL  STUDIO A  8:45-9:45AM
- BODY COMBAT  STUDIO A  9:15-10:15AM
- VINAYASA YOGA  MIND/BODY  9:45-10:45AM
- MARCY BURNS  KIRSTEN HINZ  LAURA LENNIE  JESSICA PETERSON  BRUNI KOELLER  CORI GUERIN  5:45-6:45PM

### TUESDAY
- PURE STRENGTH  STUDIO A  5:45-6:45AM
- BOXING  STUDIO A  9:00-10:00AM
- YOGA SCULPT  MIND/BODY  9:15-10:00AM
- ZUMBA  STUDIO A  10:15-11:15AM
- BODYPUMP  STUDIO A  9:45-10:45AM
- BODY COMBAT  STUDIO A  5:45-6:45PM
- STUDIO A  5:45-6:45PM
- JEDOTTA DAINSBERG  JASON LIEGL  AMY CUNNINGHAM  BRITTANY VULICH  JESSICA PETERSON  HEATHER NILL  9:00-10:00AM
- STEVE BRONIKOWSKI  SUSAN KOLEAS  ELIZA LEWIS  KENDALL WANGMAN  DAWN ALIOTA  5:45-6:45PM

### WEDNESDAY
- BODY COMBAT  STUDIO A  5:45-6:45AM
- SPIN  CYCLE STUDIO  6:00-6:45AM
- RESTORE  MIND/BODY  6:45-7:15AM
- H2O DANCE  LAP POOL  8:45-9:30AM
- STEP  STUDIO A  8:15-9:00AM
- SPIN  9:15-10:15AM
- BARRE  STUDIO A  9:45-10:30AM
- STUDIO A  8:45-9:45PM
- STUDIO A  5:45-6:45PM
- HOLLY FRANCIS  RACHEL MILLS  STEVE BRONIKOWSKI  SUSAN KOELE  ELIZA LEWIS  KENDALL WANGMAN  5:45-6:45PM
- ELIZA LEWIS  HEATHER NILL  6:45-7:30PM

### THURSDAY
- HIIT & STRENGTH  STUDIO A  5:45-6:30AM
- SUNRISE STRETCH & BURN FUSION  6:00-6:45AM
- VINYASA YOGA  MIND/BODY  6:45-7:45AM
- HIIT & STRENGTH  STUDIO A  8:15-9:00AM
- VINYASA YOGA  MIND/BODY  9:15-10:15AM
- HIIT & STRENGTH  STUDIO A  8:45-9:30AM
- H2O BLAST  LAP POOL  9:15-10:00AM
- VINYASA YOGA  MIND/BODY  9:45-10:30AM
- STUDIO A  5:45-6:45PM
- AMY HALL  HOLLY FRANCIS  RACHEL MILLS  6:45-7:15AM
- STEVE BRONIKOWSKI  SUSAN KOELE  8:15-9:00AM
- ELIZA LEWIS  9:15-10:15AM
- DAWN ALIOTA  5:45-6:30PM
- HOLLY FRANCIS  6:45-7:30PM
- STEPHANIE COLE  8:15-9:00AM
- JESSICA PETERSON  9:15-10:15AM

### FRIDAY
- HIIT & STRENGTH  STUDIO A  5:45-6:30AM
- SUNRISE STRETCH & BURN FUSION  6:00-6:45AM
- VINYASA YOGA  MIND/BODY  6:45-7:45AM
- HIIT & STRENGTH  STUDIO A  8:15-9:00AM
- VINYASA YOGA  MIND/BODY  9:15-10:15AM
- HIIT & STRENGTH  STUDIO A  8:45-9:30AM
- H2O BLAST  9:15-10:00AM
- VINYASA YOGA  MIND/BODY  9:45-10:30AM
- STUDIO A  5:45-6:45PM
- AMY HALL  HOLLY FRANCIS  6:45-7:15AM
- STEVE BRONIKOWSKI  8:15-9:00AM
- ELIZA LEWIS  9:15-10:15AM
- DAWN ALIOTA  5:45-6:30PM
- HOLLY FRANCIS  6:45-7:30PM
- STEPHANIE COLE  8:15-9:00AM
- JESSICA PETERSON  9:15-10:15AM

### SATURDAY
- BARRE  STUDIO A  8:15-9:00AM
- SPIN  9:15-10:15AM
- VINYASA YOGA  MIND/BODY  9:45-10:30AM
- PILATES MAT  STUDIO A  8:15-9:00AM
- HATHA YOGA  9:15-10:15AM
- CORE STRONG  9:45-10:45AM
- BEGINNER YOGA  10:15-11:30AM
- MIND/BODY  7:45-8:30AM
- CYCLE STUDIO  8:30-9:30AM
- MIND/BODY  8:45-9:45AM
- STUDIO A  9:45-10:45AM
- MIND/BODY  10:15-11:30AM
- JOANN HICKS  STEPHANIE COLE  HEATHER NILL  STEPHANIE COLE  HEATHER NILL

### SUNDAY
- PILATES MAT  STUDIO A  8:15-9:00AM
- SPIN  9:15-10:15AM
- VINYASA YOGA  MIND/BODY  9:45-10:45AM
- MIND/BODY  7:45-8:30AM
- CYCLE STUDIO  8:30-9:30AM
- MIND/BODY  8:45-9:45AM
- STUDIO A  9:45-10:45AM
- MIND/BODY  10:15-11:30AM
- JOANN HICKS  STEPHANIE COLE  HEATHER NILL  STEPHANIE COLE  HEATHER NILL

**Please make your class reservations in the Member App. All classes are subject to a $10 24-hour late cancellation fee and a $15 no-show fee.**