



FALL 2021

Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a - 6:30a CYCLE	5:30a - 6:30a 3-2-1 FIT	5:30a - 6:30a CYCLE	5:30a - 6:30a BODYPUMP	5:30a - 6:30a CYCLE		9:00a - 10:00a 20/20/20 CYCLE
7:00a - 8:00a REDZONE	7:00a - 8:00a REDZONE	5:30a-6:30a REDZONE	7:00a - 8:00a REDZONE	7:00a - 8:00a REDZONE	8:00a - 9:00a BODYPUMP	10:00a - 11:00a WARRIOR FLOW
8:00a - 9:00a BODYPUMP	8:00a - 9:00a WARRIOR FLOW	8:00a - 9:00a BODYFLOW	8:00a - 9:00a CYCLE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a REDZONE	10:15a - 11:15a BODYPUMP
9:15a - 10:15a CYCLE	8:00a - 9:00a CYCLE	8:00a - 9:00a KICKBOXING/ SELF DEFENSE	9:00a-10:00a WARRIOR FLOW	8:15a - 9:15a WERQ	8:30a-9:15a BARRE 45	3:30p-4:30p REFIT
9:30a-10:30a HIGH FITNESS	8:15a - 9:00a WERQ	8:30a - 9:30a CYCLE	9:00a - 10:00a REDZONE	9:30a - 10:30a BODYPUMP	8:30a - 9:30a CYCLE	
10:30a-11:30a BARRE	9:00a - 10:00a REDZONE	9:15a - 10:15a BARRE	9:30a - 10:30a BODYPUMP	9:30a-10:30a SILVER S	9:15a - 10:15a REDZONE	
10:45a - 11:45a DIESEL	9:30a - 10:30a BODY COMBAT	9:30a - 10:30a BODYSTEP	10:45a - 11:45a 3-2-1 FIT	10:45a-11:45a DIESEL	9:30a-10:15a DEEP STRETCH	
4:30p - 5:30p BODYPUMP	10:45a - 11:45a 3-2-1 FIT	10:45a - 11:45a DIESEL	12:00p - 1:00p SILVER SNEAKERS		9:15a-10:15a BODY STEP	
4:30p-5:30p BARRE	12:00p - 1:00p SILVER SNEAKERS		CARDIO STRENGTH		10:45a - 11:45a WERQ	
5:15p-6:15p REDZONE	4:30p-5:30p HIGH FITNESS	4:30p - 5:30p BODYPUMP	4:30p-5:15p CYCLE (45)		10:30a-11:30a BODYPUMP	
5:30p-6:30p CYCLE	4:30p-5:15p CYCLE (45)		6:00p - 7:00p YIN/RESTORATIVE			
5:45p-6:45p DEEP STRETCH YOGA	5:30p-6:30p BODY COMBAT		5:45p-6:30p EXTREME CYCLE			
6:00p-6:45p TOTAL CONDITIONING	6:00p-7:00p REDZONE	6:00p - 7:00p BODYPUMP	6:00p-7:00p REDZONE			