## GROUP EXERCISE SUMMER SESSION 2 2022

**July 31 - September 9**

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Morning Classes</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cycle</strong></td>
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<td>- Noriko</td>
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<td>9:15–10:15 a.m. (Studio B)</td>
<td>9:15–10 a.m. (Studio B)</td>
<td>9:15–10 a.m. (Studio B)</td>
<td>9:15–10 a.m. (Studio B)</td>
<td>8:15–8:45 a.m. (Studio A)</td>
<td>8:15–9 a.m. (Studio A)</td>
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<tr>
<td><strong>Afternoon Classes</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>Interval Training</strong></td>
<td><strong>Cardio/Strength Fusion</strong></td>
<td><strong>Zumba®</strong></td>
<td><strong>HEAT</strong></td>
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<td>- Kristina</td>
<td>- Katrina</td>
<td>- Lisa</td>
<td>- Christina</td>
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<td>5:30–6:30 p.m. (Studio B)</td>
<td>5:15–6 p.m. (Studio B)</td>
<td>6:15–7 p.m. (Studio B)</td>
<td>6–7 p.m. (Studio C)</td>
<td>6:15–7 p.m. (Studio C)</td>
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<td><strong>Evening Classes</strong></td>
<td><strong>Party Cycle</strong></td>
<td><strong>Party Cycle</strong></td>
<td><strong>HEAT</strong></td>
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<td>6:15–7 p.m. (Studio B)</td>
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