<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARC Hours 9a.m. – 11 p.m.</td>
<td>ARC Hours 5 a.m. – 12 a.m.</td>
<td>ARC Hours 5 a.m. – 12 a.m.</td>
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<td>ARC Hours 5 a.m. – 12 a.m.</td>
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<tr>
<td>Zumba – Noriko 9:15–10:15 a.m. (Studio B)</td>
<td>Party Cycle - Shelby 7:30-8:30 p.m. (Studio A)</td>
<td>Cycle – Elle 12:30 a.m. – 12:45 p.m. (Studio A)</td>
<td>Mat Pilates - Sarah 10:15–10:45 a.m. (Studio B)</td>
<td>BUTI Yoga - Sarah 4:15–5:00 p.m. (Studio B)</td>
<td>BUTI Yoga - Noriko 4:15–5:00 p.m. (Studio B)</td>
</tr>
<tr>
<td>Cycle – Shelby 7:30-8:30 p.m. (Studio A)</td>
<td>Cardio/Strength Fusion - Lisa 5:15-6 p.m. (Studio B)</td>
<td>Cardio/Strength Fusion - Lisa 5:15-6 p.m. (Studio B)</td>
<td>Cycle – Elle 12:15–12:45 p.m. (Studio A)</td>
<td>Total Body Strengthening - Kayleigh 5:25-6:25 p.m. (Studio B)</td>
<td>Cycle - Lisa 12:15–12:45 p.m. (Studio A)</td>
</tr>
<tr>
<td>Party Cycle - Elle 7:30-8:30 p.m. (Studio A)</td>
<td>Zumba - Noriko 9:15–10:15 a.m. (Studio B)</td>
<td>Zumba - Noriko 9:15–10:15 a.m. (Studio B)</td>
<td>Zumba - Christina 6:15–7:00 p.m. (Studio B)</td>
<td>Party Cycle - Elise 6:15–7:15 p.m. (Studio A)</td>
<td>Party Cycle - Noriko 9:15–10:15 a.m. (Studio B)</td>
</tr>
<tr>
<td>ARC Hours CLOSED</td>
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**Group Exercise Break Schedule**

December 5, 2021 - January 1, 2022

<table>
<thead>
<tr>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>ARC Hours 9a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Zumba – Shelby 8:45 a.m. (Studio A)</td>
</tr>
<tr>
<td>Zumba - Susana 5:30-6:30 p.m. (Studio B)</td>
</tr>
<tr>
<td>Party Cycle - Elle 6:30-7:30 p.m. (Studio A)</td>
</tr>
<tr>
<td>ARC Hours CLOSED</td>
</tr>
</tbody>
</table>

**Cycle**

- Shelby 8-8:45 a.m. (Studio A)
- Susana 5:30-6:30 p.m. (Studio B)
- Noriko 9:15–10:15 a.m. (Studio B)
- Noriko 9:15–10:15 a.m. (Studio B)
- Noriko 9:15–10:15 a.m. (Studio B)

**Intervals**

- Elle 12:30 a.m. – 12:45 p.m. (Studio A)
- Elle 12:30 a.m. – 12:45 p.m. (Studio A)
- Elle 12:30 a.m. – 12:45 p.m. (Studio A)
- Elle 12:30 a.m. – 12:45 p.m. (Studio A)
- Elle 12:30 a.m. – 12:45 p.m. (Studio A)

**Cardio/Strength Fusion**

- Lisa 5:15-6 p.m. (Studio B)
- Lisa 5:15-6 p.m. (Studio B)
- Lisa 5:15-6 p.m. (Studio B)
- Lisa 5:15-6 p.m. (Studio B)
- Lisa 5:15-6 p.m. (Studio B)

**Mat Pilates**

- Sarah 8:15-9:15 a.m. (Studio B)
- Sarah 8:15-9:15 a.m. (Studio B)
- Sarah 8:15-9:15 a.m. (Studio B)
- Sarah 8:15-9:15 a.m. (Studio B)
- Sarah 8:15-9:15 a.m. (Studio B)

**Zumba**

- Susana 5:30-6:30 p.m. (Studio B)
- Christina 6:15–7:15 p.m. (Studio B)
- Christina 6:15–7:15 p.m. (Studio B)
- Christina 6:15–7:15 p.m. (Studio B)
- Christina 6:15–7:15 p.m. (Studio B)

**BUTI Yoga**

- Sarah 4:15–5:00 p.m. (Studio B)
- Sarah 4:15–5:00 p.m. (Studio B)
- Sarah 4:15–5:00 p.m. (Studio B)
- Sarah 4:15–5:00 p.m. (Studio B)
- Sarah 4:15–5:00 p.m. (Studio B)

**Total Body Strengthening**

- Kayleigh 5:25-6:25 p.m. (Studio B)
- Kayleigh 5:25-6:25 p.m. (Studio B)
- Kayleigh 5:25-6:25 p.m. (Studio B)
- Kayleigh 5:25-6:25 p.m. (Studio B)
- Kayleigh 5:25-6:25 p.m. (Studio B)

**Party Cycle**

- Elise 7-7:30 p.m. (Studio A)
- Elise 7-7:30 p.m. (Studio A)
- Elise 7-7:30 p.m. (Studio A)
- Elise 7-7:30 p.m. (Studio A)
- Elise 7-7:30 p.m. (Studio A)

**Gentle Yoga**

- Emily 6:15–7:15 p.m. (Studio B)
- Emily 6:15–7:15 p.m. (Studio B)
- Emily 6:15–7:15 p.m. (Studio B)
- Emily 6:15–7:15 p.m. (Studio B)
- Emily 6:15–7:15 p.m. (Studio B)

**Cycle**

- Lisa 10:15–10:45 a.m. (Studio A)
- Lisa 10:15–10:45 a.m. (Studio A)
- Lisa 10:15–10:45 a.m. (Studio A)
- Lisa 10:15–10:45 a.m. (Studio A)
- Lisa 10:15–10:45 a.m. (Studio A)

**Party Cycle**

- Roya 6-6:30 p.m. (Studio A)
- Roya 6-6:30 p.m. (Studio A)
- Roya 6-6:30 p.m. (Studio A)
- Roya 6-6:30 p.m. (Studio A)
- Roya 6-6:30 p.m. (Studio A)