



BELLEVUE GROUP EXERCISE SCHEDULE

**OCTOBER
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00-8:00AM CYCLE/STRENGTH LILY-STUDIO 3	7:30-8:30AM YOGA JANE-STUDIO 1	7:00-8:00AM CYCLE/STRENGTH LILY-STUDIO 3		
8:30-9:15AM AQUA FITNESS ANNA-POOL	8:00-8:45AM AQUA FITNESS OLGA-POOL	8:30-9:15AM AQUA FITNESS ANNA-POOL	8:00-8:45AM AQUA FITNESS OLGA-POOL		8:30-9:00AM CORE STRENGTH EXPRESS JEN-STUDIO 3
9:00-9:45AM STRETCHING PATTI-STUDIO 2	9:00-10:00AM PILATES- MAT KAREN-STUDIO 3	9:00-9:45AM STRETCHING PATTI-STUDIO 2	9:00-10:00AM PILATES- MAT KAREN-STUDIO 3		9:00-10:00AM CARDIO KICKBOXING JEN- STUDIO 3
9:15-9:45AM CORE STRENGTH EXPRESS APRIL-STUDIO 3		9:15-9:45AM CORE STRENGTH EXPRESS APRIL-STUDIO 3	10:00-10:45AM AOA CHAIR YOGA ANNE- STUDIO 2		10:15-11:15AM ZUMBA® LIZ/MILA- STUDIO 3
10:00-10:45AM AOA STRENGTH KAREN- GYM	10:00-10:45AM AOA STRENGTH TATIANA- STUDIO 2	10:00-10:45AM AOA STRENGTH LIZ- GYM	10:00-10:50AM GRAVITY- \$ JANA-CYCLE STUDIO		
10:00-10:45AM STRONG NATION LIZ- STUDIO 3	10:00-10:50AM TRX- \$ JANA-CYCLE STUDIO		10:45-11:45AM ZUMBA® HSIAOLING-STUDIO 3		
10:00-11:00AM YOGA PATTI- STUDIO 2	11:00-11:50AM STRENGTH TRAINING- \$ JANA-GYM	10:00-11:00AM YOGA PATTI- STUDIO 2	11:00-11:45AM AOA CHAIR YOGA ANNE- STUDIO 2		
1:30-2:30PM TAI CHI STEFANIE- STUDIO 3	3:30-4:30PM NIA® ROSSELLA- STUDIO 1	11:00- 12:00PM ZUMBA GOLD® LIZ- STUDIO 3	11:00-11:50AM STRENGTH CONDITIONING- \$ JANA-GYM		10:00 -11:15AM YOGA NAUDER- STUDIO 1
	4:30-5:00PM CORE JANA-STUDIO 3	11:15-12:15PM ABOVE THE BARRE APRIL- STUDIO 1	12:00-1:00PM TAI CHI STEFANIE- STUDIO 3	12:00-12:45PM AOA STRENGTH LIN- GYM	10:00-11:00AM ZUMBA® HERBERT- STUDIO 3
5:00-6:00PM YOGA BROOKE- STUDIO 1	5:00-6:00PM STEP & STRENGTH JANA- STUDIO 3	5:00-6:00PM STEP & STRENGTH MARY- STUDIO 3	5:00-6:00PM YOGA BROOKE- STUDIO 1		11:00-12:00AM TRX HEATHER- CYCLE STUDIO
6:00-7:00PM ZUMBA® LAURA- STUDIO 3	6:15-7:15PM BOLLYX® SHILPA- STUDIO 3	6:15-7:15PM ZUMBA® MILA- STUDIO 3	5:00-6:00PM CARDIO KICKBOXING APRIL- STUDIO 3		
6:15-7:15PM BARRE TATIANA- STUDIO 1	6:15-7:15PM YOGA JESSICA- STUDIO 2		6:15-7:15PM ABOVE THE BARRE APRIL- STUDIO 1		*WRISTBAND REQUIRED \$ SMALL GROUP TRAINING- FEE BASED
7:00-7:45PM CARDIO KICKBOXING JEN- STUDIO 3	7:00-8:00PM BOOTCAMP APRIL- GYM				

SUNDAY