

STUDIO ENERGY SCHEDULE - VA BEACH BLVD



NOV

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	BODYPUMP 5:15am - Kathy	BODYSTEP ATHLETIC 5:15am - Jackie L.	BODYPUMP 6:00am - Vicki	BODYPUMP 5:15am - Anthony			
	BODYPUMP 8:00am - Stephanie				CXWORX 8:00am - Becky	BODYATTACK 8:00am - Angela/Jen	
	BODYSTEP ATHLETIC 9:15am - Leanne	TONE 9:15am - Anthony	BODYPUMP 9:15am - Leanne	TURBOKICK 9:15am - Leanne	BODYATTACK EXPRESS 8:30am - Becky	BODYPUMP 9:15am - Tracy	TONE 9:30am - Debbie
	BODYPUMP 10:30am - Arlene	TABATA 10:30am - Karen	FOREVER STRONG 10:30am - Beth	KETTLEBELL COND. 10:30am - Beth	BODYPUMP 9:15am - Sarah	ZUMBA 10:30am - Morgan	BODYPUMP 10:30am - Vicki
PM							BODYCOMBAT 11:45am - Jeremy
	BODYPUMP 12:00pm - Colleen		BODYPUMP 12:00pm - Kathy/Arlene				
							ZUMBA 4:00 pm- Flavel
	STEP 4:30pm - Beth	HIT/CXWORX 4:30pm - Amber	BODYPUMP 4:30pm - Lisa	BODYPUMP 4:30pm - Alan		<h2>WHAT'S NEW</h2> <p>Monday 11:45am BodyFlow Monday 5:15pm Sprint Tuesday 6:30am Sprint Tuesday 4:30pm HIIT/CXworX Wednesday 5:45pm Bodyattack Thursday 4:30pm Body Pump</p>	
	BODYPUMP 5:45pm - Avian	BODYPUMP 5:45pm - Danielle	BODYATTACK 5:45- Earnest	HARDCORE 5:45pm - Rico	BODYPUMP 5:45pm - Larry		
	DAT-FITNESS 7:00pm - Ronnie/Eunia	BODYCOMBAT 7:00pm - Anna/Sara	DAT FITNESS 7:00pm - Eunia	ZUMBA 7:00pm - Morgan	BODYCOMBAT 7:00pm - Jeremy		

CYCLE STUDIO

NOV

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	INTERVAL 6:00am Darryl	SPRINT 6:30am Kristen	SPRINT 6:30am Kristen	INTERVAL 6:00am Darryl	INTERVAL 6:00am Lanis		
						INTERVAL 8:00am Camy	
	INTERVAL 9:15am John	CYCLE 9:15am Shona	INTERVAL 9:15am Jenny	PM 9:15am Sarah	INTERVAL 9:15am John	INTERVAL 9:15am Darryl	INTERVAL 9:15am Camy
PM					SPRINT 10:30am Sarah	SPRINT 10:30am Amy	SPRINT 10:30am Kristen
	SPRINT 5:15pm Bridget	INTERVAL 4:30pm Camy		RPM 4:30pm Earnest			
	RPM 6:00pm Amy	INTERVAL 6:30pm Darryl	SPRINT 6:00pm Amy	INTERVAL 6:00pm Camy	SPRINT 6:00pm Danielle		
	Please do not hold a bike by putting a towel or water bottle on it. You must be on the bike, otherwise the bike is considered open.						

MIND & BODY

NOV

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM		YIN YOGA 8:00am Eddie	PILATES 8:00am Ursula	YIN YOGA 8:00am Eddie	PILATES 8:00am Ursula		
	FOREVER STRONG 9:15am Jimmy	STRETCH & RESTORE 9:15am Karen	VINYASA FLOW YOGA 9:15am Karen		BARRE 9:15am Arlene		BARRE 9:15am Alexandra
	CXWORX 10:30am Leanne	BARRE 10:30am Arlene	CXWORX 10:30am Arlene	BODYFLOW 10:30am Leanne	BODYFLOW 10:30am Arlene	BODYFLOW 10:30am Ivan/Kathy	BODYFLOW 10:30am Debbie
PM	BODYFLOW 11:45am Arlene			VINYASA FLOW YOGA 12:00pm (75m) Drea			
		BODYFLOW 12:00pm Colleen					
				VINYASA FLOW YOGA 4:30pm Allison			
			YANG TO YIN YOGA 5:30pm Grady	PILATES 5:45pm Ursula			
	TONE 5:45pm Anthony	CXWORX 6:15pm Stephanie					
	VINYASA FLOW YOGA 7:00pm Cate	BODYFLOW 7:00pm Alan	LES MILLS BARRE 7:30pm (30 min) Gladys	VINYASA FLOW YOGA 7:00pm Crystal			
			BARREONE 7:30pm Gladys				

AQUATICS CENTER

NOV

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
AM		ATHLETIC AQUA 9:30am - Natalie	ATHLETIC AQUA 9:15am - Cindy	AQUA FIT 9:30am - Mary			
						MOMMY & ME* 10:30am - 11:00am	MOMMY & ME* 10:30am - 11:00am
PM						*Paid class, not included with membership, please email jessica.wilcox@onelifefitness.com for details)	
						POOL WILL BE OPEN EVERY DAY FOR FREE SWIM WITH LAP LANES OPEN	
						AQUATICS CENTER WILL BE CLOSED DURING THUNDER/LIGHTNING STORMS	