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	<h1>GROUP EX SCHEDULE</h1> <h2>WEEK 5/9/2022</h2>
	<p>781-769-2340 VanderbiltClub.com Facebook.com/TheVanderbiltClub Kathleen Marvelli, Director 508 272-7869 kathleenmsellsrealestate@gmail.com</p>

AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50AM AQUA AEROBICS Sam		9:00-9:50AM AQUA AEROBICS Ginni		9:00-9:50AM AQUA AEROBICS Nancy	9:00-9:45AM AQUA Karen
10:00-10:50AM AQUA AEROBICS Sam	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Ginni	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Nancy	
6:45-7:45PM AQUA AEROBICS Kathy			7:00-8:00PM WATER FITNESS Nancy		

SPIN Sign up starts the day before/all classes are 45min unless noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM +ABS Kathleen		5:45AM Brian	5:45AM Paul			7:00-7:55AM Paul
		7:00AM Kathleen	7:00AM Paul	7:00AM +ABS Kathleen	7:00AM George	8:15AM Paul
	6:00PM George	6:15PM Andrea		CX this week	9:45AM Sam	
			6:00PM Sam			

VIRTUAL CLASSES on ZOOM

Schedule & links posted Sundays on FB. Text Kathleen if you need the email version 508-272-7869

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30AM MUSCLE PLUS Kathleen				5:45-6:30AM SHRED MUSCLE Paul	8:00-8:45AM HIIT Jess
	8:15-9:15AM VCORE Kathleen	8:30-9:15AM HIIT INTERVAL Kathleen			8:45-9:30AM MUSCLE Jess



GROUP EX SCHEDULE

WEEK OF 5/9/2022

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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM YOGA CORE Lorella	5:45-6:30AM YOGA Marissa	5:45-6:40AM MUSCLE PLUS Kathleen	5:45-6:30AM YOGA FLEX Lorella	5:45-6:30AM SHRED MUSCLE Paul		
8:30-9:30AM MUSCLE PLUS Kathleen	8:15-9:15AM VCORE Kathleen	8:30-9:15AM HIIT INTERVAL Kathleen		8:30-9:25AM BODY BLAST Kathleen	8:00-8:45AM HIIT Jess	9:00-10:00AM CARDIO MIX Debbie A
9:30-10:15AM Step & ABS Kathleen	9:45-10:45AM PILATES Sharon	9:30-10:30AM MUSCLE Debra	9:30-10:30AM Gentle Yoga Kelly	9:30-10:15AM AEROBICS Debbie C	8:45-9:30AM MUSCLE Jess	
10:30-11:30AM YOGA Kelly		11:30-12:00 Stretch Marissa			10:00-11:00AM ZUMBA Preeti	
11:30AM-12:00 Stretch Kelly	5:00-6:00PM MUSCLE/CARDIO Carol	5:30-6:30PM MUSCLE Jess	6:00-7:00PM ZUMBA Cheryl			
5:45-6:30PM HIIT CX THIS WEEK ONLY	6:30-7:30PM GENTLE YOGA Gail	6:45-7:45PM YOGA Michele				

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15AM MUSCLE Debbie A	9:00-10:00AM INTERVAL Sam	8:30-9:15AM PILATES TONE Jane	8:30-9:15AM BARRE Kathleen		8:00-9:00AM PILATES Sharon
9:30-10:15AM AEROBICS Debbie C		9:30-10:25AM ZUMBA Preeti	9:30-10:30AM MUSCLE Michele	8:30-9:25AM MUSCLE S*Carol	9:15-10:15AM CARDIO MIX Debbie A
		10:30-11:25AM MUSCLE Michele			
4:45-5:45PM MUSCLE Natalie	5:30-6:15PM BARRE Kathy		5:30-6:15PM BOX & HIIT Sam		
6:00-7:00PM PIYO Sharon	6:30-7:30PM ZUMBA Esther				