

## Phase 1 classes

### Sunday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
8:00am	Spin** (50 minutes)	Feinberg	<b>Nicole</b>
9:00am	XZone HIIT**9	Feinberg	<b>Nicole</b>
9:30am	Circuit**9	Track	<b>Donna</b>
10:30am	Yoga**9	Yoga studio	<b>Denise</b>
10:30am	TRX circuit**(7 straps)	Feinberg	<b>Donna</b>
11:00am	Fitness**9	Track	<b>Nicole</b>

### Tuesday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
7:30am	Body evo**9	Track	<b>Nicole</b>
7:30am	Spin**	Feinberg	<b>Alissa</b>
9:00am	XZone HIIT**9	Feinberg	<b>Ralph</b>
9:00am	circuit**(7 straps)	Track	<b>Nicole</b>
10:30am	TRX circuit**(7 straps)	Feinberg	<b>Donna</b>
10:30am	Power Fitness	Fitness	<b>Ralph</b>
10:30am	Fitness class**9	Track	<b>Isabel</b>
6:00pm	XZone HIIT	Feinberg	<b>Ralph</b>

### Thursday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
7:30am	Fitness**9	Track	<b>Nicole</b>
7:30am	Spin**	Feinberg	<b>Erika</b>
9:00am	XZone HIIT	Feinberg	<b>Ralph</b>
9:00am	Fitness class**9	Track	<b>Donna</b>
10:30am	Power Fitness	Fitness	<b>Ralph</b>
10:30am	Yoga**9	Yoga studio	<b>Annette</b>
10:30am	Fitness class**	Feinberg	<b>Isabel</b>
6:00pm	XZone HIIT	Feinberg	<b>Ralph</b>

### Saturday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
8:00am	Fitness class**	Track	<b>Nicole</b>
8:00am	Spin**	Feinberg	<b>Alissa</b>
9:30am	XZone HIIT	Feinberg	<b>Erika</b>
9:30am	Fitness class**	Track	<b>Isabel</b>
11:00am	Zumba**	Feinberg	<b>Miryam</b>

### Monday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
7:30am	Circuit**9	Track	<b>Isabel</b>
7:30am	Spin**	Feinberg	<b>Nicole</b>
9:00am	XZone HIIT**9	Feinberg	<b>Ralph</b>
9:00am	Tabata**	Track	<b>Nicole</b>
10:30am	Fitness**9	Feinberg	<b>Donna</b>
6:00pm	XZone HIIT**9	Feinberg	<b>Ralph</b>

### Wednesday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
7:30am	Circuit**9	Track	<b>Donna</b>
7:30am	Spin**	Feinberg	<b>Nicole</b>
9:00am	XZone HIIT	Feinberg	<b>Ralph</b>
9:00am	Fitness class**9	Track	<b>Donna</b>
10:30am	Yoga**9	Yoga studio	<b>Annette</b>
10:30am	Fitness class**	Feinberg	<b>Isabel</b>
6:00pm	XZone HIIT	Feinberg	<b>Ralph</b>

### Friday

<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Instructor</u>
7:30am	Bosu**9	Track	<b>Donna</b>
7:30am	Spin**	Feinberg	<b>Alissa</b>
9:00am	XZone HIIT	Feinberg	<b>Ralph</b>
9:00am	Tabata**	Track	<b>Donna</b>
10:30am	Yoga**9	Yoga studio	<b>Annette</b>
10:30am	Circuit**(7 straps)	Feinberg	<b>Nicole</b>

\*\* Participants per class  
Schedule subject to change.