

Group Fitness Schedule

Beginning August 1, 2020

Sunday

Time	Class	Studio	Instructor
8:00am	Spin (50 minutes)	Feinberg	Nicole
9:15am	XZone HIIT	Feinberg	Nicole
9:30am	Circuit	Track	Donna
10:30am	Yoga* ID# 954 849 0281	Zoom	Ysaac Denise
10:30am	TRX circuit (7 straps)	Feinberg	Donna
10:30am	Fitness	Track	Nicole

Monday

Time	Class	Studio	Instructor
7:45am	Circuit	Track	Donna
8:00am	Spin	Feinberg	Nicole
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Tabata	Track	Nicole
10:30am	Fitness	Feinberg	Donna
6:00pm	XZone HIIT	Feinberg	Ralph

Tuesday

Time	Class	Studio	Instructor
7:45am	Body evo	Track	Nicole
8:00am	Spin	Feinberg	Alissa
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	circuit	Track	Nicole
10:15am	ABS, Hips and Thighs	Feinberg	Donna
10:30am	Power Fitness	Fitness	Ralph
10:30am	Fitness class	Track	Isabel
6:00pm	XZone HIIT	Feinberg	Ralph

Wednesday

Time	Class	Studio	Instructor
7:45am	Circuit	Track	Donna
8:00am	Spin	Feinberg	Nicole
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Fitness class	Track	Donna
10:30am	Yoga* ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Fitness class	Feinberg	Isabel
6:00pm	XZone HIIT	Feinberg	Ralph

Thursday

Time	Class	Studio	Instructor
7:45am	Fitness	Track	Nicole
8:00am	Spin	Feinberg	Alissa
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Fitness class	Track	Donna
10:30am	Power Fitness	Fitness	Ralph
10:30am	Yoga* ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Fitness class	Feinberg	Isabel
6:00pm	XZone HIIT	Feinberg	Ralph

Friday

Time	Class	Studio	Instructor
7:45am	Bosu	Track	Donna
8:00am	Spin	Feinberg	Alissa
9:00am	XZone HIIT	Feinberg	Ralph
9:00am	Tabata	Track	Donna
10:30am	Yoga* ID# 954 849 0281	Zoom	Ysaac Annette
10:30am	Circuit (7 straps)	Feinberg	Nicole

Saturday

Time	Class	Studio	Instructor
8:00am	Fitness class	Track	Donna
8:15am	Spin	Feinberg	Alissa
9:15am	XZone HIIT	Feinberg	Nicole
9:30am	Fitness class	Track	Isabel
11:00am	Zumba	Feinberg	Miryam

DAILY SESSION SCHEDULE

Monday-Thursday, Fri till 6:00pm		Sat	Sun
6:00-7:30am	open gym	8:00-9:30am	7:00-9:30am
7:30-8:00am	sanitize	9:30-10:00am	9:30-10:00am
8:00-9:30am	open gym	10:00-11:30am	10:00-11:30am
9:30-10:00am	sanitize	11:30am-noon	11:30am-noon
10:00-11:30am	open gym	noon-1:30pm	noon-1:30pm
11:30am-noon	sanitize	1:30-2:00pm	1:30-2:00pm
noon-1:30pm	open gym	2:00-3:30pm	2:00-3:30pm
1:30-2:00pm	sanitize	3:30-4:00pm	3:30-4:00pm
2:00-3:30pm	open gym	4:00-5:00pm	4:00-6:00pm
3:30-4:00pm	sanitize		
4:00-5:30pm	open gym		
5:30-6:00pm	sanitize		
6:00-7:30pm	open gym		
7:30-8:00pm	sanitize		
8:00-9:00pm	open gym		

*Members only class. Register at dpjcc.org.

Zoom password given at registration.

Pool hours:	Racquetball courts:
M-F 7:00- 9:15am & 3:00-6:00pm	M-Th 6:00-9:00pm
Sat 8:00am-4:30pm	F 3:00-6:00pm
Sun 9:00am-5:30pm	Sat 8:00am-5:00pm
	Sun 9:00am-5:30pm