

Group Fitness Class Schedule

*This is a sample schedule only for group fitness classes at Robson Ranch Arizona. Classes and schedule are subject to change without notification at any time.



	MON	TUES	WED	THURS	FRI	SAT	
7:00 AM		Cycle & Sculpt 7:15 am (45 min. class)					
8:00 AM	Cardio Boxing Circuit 8:00 am (50 min. class)	Reps & Cardio 8:15 am (50 min. class)	Chizel/Box/Core 8:00 am (50 min. class)	REPS 8:00 am (50 min class)	Barre Sculpt 8:00 am (50 min. class)		
9:00 AM	Barre Sculpt 9:00 am (50 min. class)	Ashtanga Yoga 9:00 am (50 min class)	Chair Cardio Blast 9:00 am (50 min class)	CYCLE 9:15 am (50 min class)	CYCLE 9:00 am (50 min class)	Core Yoga 9:30 am (50 min class)	
10:00 AM	Cardio Fitness 10:00 am (50 min class)	Yin Yoga 10:00 am (50 min class)	Cardio Fitness 10:00 am (50 min class)	Chair Yoga/Stretch 10:30 (50 min class)	Cardio Fitness 10:00 am (50 min class)	Slow Flow Yoga 10:30 am (50 min class)	
11:00 AM	Chair Yoga/Stretch 11:15 (50 min class)		time reserved for Line Dance		time reserved for Line Dance	Nidra Yoga 11:30 (50 min class)	
AQUA CLASSES		11:15 AQUA FITNESS	11:15 Strengthening H2O	11:45 AQUA FITNESS	11:15 Strengthening H2O	AQUA CLASSES	
12:00 PM		time reserved for Line Dance	time reserved for Line Dance	time reserved for Line Dance	time reserved for Line Dance		
1:00 PM		time reserved for Line Dance	time reserved for Line Dance	time reserved for Line Dance	time reserved for Line Dance		
2:00 PM	TRX class 2:00 pm (50 min class)	Tai Chi 2:30 pm (50 min class)	By sessions Brains & Balance	Tai Chi 2:30 pm (50 min class)			
3:00 PM		Tai Chi Beginner 3:30 pm (50 min class)		Tai Chi Beginner 3:30 pm (50 min class)			
4:00 PM			Social Dance Camp with Christa 4:30 - 6:30 pm				
5:00 PM							