

GROUP FITNESS SCHEDULE

BOAR'S HEAD SPORTS CLUB // LABOR DAY 2017 // INQUIRIES 434.972.7454

Studio 1 :: Cardio & Strength

MONDAY

Step and Strength	8:00 a.m. - 8:55 a.m.	Hallie
Insanity	9:00 a.m. - 9:55 a.m.	Micah
Stretch and Strength	10:30 a.m. - 11:30 a.m.	Micah
20/20/20	12:00 p.m. - 1:00 p.m.	Amanda

Studio 2 :: Cycle

MONDAY

Cycle	9:15 a.m. - 10:00 a.m.	Gayle
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Studio 3 :: Yoga & Pilates

MONDAY

Power Yoga	9:00 a.m. - 10:00 a.m.	Zach
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Boar's Head Resort
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