

## THE RESERVE

# GROUP FITNESS SCHEDULE

Download the Out-FitNRG App and  
start booking today!

### MONDAY

**CYCLE 45- ALDO**

12:15-1:00PM

**CYCLE, CORE, STRENGTH- ALDO**

6:00-6:45PM

### TUESDAY

**TOTAL BODY SCULPT AND BURN- SIMONE**

12:00-12:45PM

**VINYASA FLOW YOGA- SYANN**

6:15-7:15PM

### WEDNESDAY

**MAT PILATES- SIMONE**

12:00-12:45PM

**TOTAL BODY SCULPT- DARA**

6:00-6:45PM

### THURSDAY

**BARRE FUSION- SIMONE**

12:00-12:45PM

**VINYASA FLOW YOGA- DARA**

5:30-6:20PM

### FRIDAY

**CYCLE 45- ALDO**

12:15-1:00PM