

# Group Exercise Substitution Schedule

8/6/18 – 8/12/18

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	9:15a	Cycle Express	Julie	Amy P.
TUESDAY	9:05a	Just Dance	Lesley	Lisa P
	10:15a	Just Barre	Lesley	Lisa P
	5:30p	The Barre Class	Janine	Deena
WEDNESDAY	No subs listed			
	<i>9:00a Arthritis – No class</i>			
THURSDAY	9:30a	Barre Bootcamp	Janine	Katy
	5:30p	<i>Arthritis – No class</i>		
FRIDAY	9:30a	Just Dance	Lesley	Lisa P.
	10:30a	Arm & Core	Lesley	Lisa P.
	5:30p	Aqua	Rotation	Carl
SATURDAY	8:30a	Vinyasa Flow Yoga	Wendy/Sarah	Sarah
	9:00a	<i>Aqua – No class</i>		
	9:00a	Body Pump	Kaye/Denise	Kaye
	9:00a	<i>Arthritis – No class</i>		
	10:00a	<i>Arthritis – No class</i>		
SUNDAY	9:00a	<i>Aqua – No class</i>		
	9:10a	Body Pump	Rotation	Loralee
	10:00a	<i>Arthritis – No class</i>		