



ESRA Riverdale Group X Schedule DEC 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM	3 Muscle mix w/ Steve	4 PIYO w/ Jhana	5 CLOSED	6 Yoga w/ Gretchen	7 Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p			Drills w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger		Tabata w/ Ginger	
12:15-1:00PM	10 Muscle mix w/ Steve	11 PIYO w/ Jhana	12 Kettlebells w/ Abby	13 Yoga w/ Gretchen	14 Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p			Drills w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	17 Muscle mix w/ Steve	18 PIYO w/ Jhana	19 TRX w/ Abby	20 Yoga w/ Gretchen	21 Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p		Core w/ Abby	Drills w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	24 Muscle mix w/ Steve	25 CLOSED for XMAS And no classes this week	26 No Classes	27 No Classes	28 No Classes
1:00-1:30PM	Yoga w/ G till 1:45p				
5:15-6:00PM	Bootcamp w/ Sinclair				
12:15-1:00PM	31 Muscle mix w/ Steve				
1:00-1:30PM	Yoga w/ G till 1:45p				
5:15-6:00PM	Bootcamp w/ Sinclair				