



# ESRA Riverdale Group X Schedule FEB 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM					<b>1</b> Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	<b>4</b> Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	<b>5</b> Body Sculpt w/ Jhana Step w/ Ginger	<b>6</b> Ropes w/ Abby Core w/ Abby HIIT w/ Abby	<b>7</b> Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	<b>8</b> Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	<b>11</b> Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	<b>12</b> Body Sculpt w/ Jhana Step w/ Ginger	<b>13</b> Kettlebell w/ Abby Core w/ Abby HIIT w/ Abby	<b>14</b> Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	<b>15</b> Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	<b>18</b> <b>CLOSED</b> President's Day	<b>19</b> Body Sculpt w/ Jhana Step w/ Ginger	<b>20</b> Cardio Shred w/ Abby Core w/ Abby HIIT w/ Abby	<b>21</b> Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	<b>22</b> Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	<b>25</b> Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	<b>26</b> Body Sculpt w/ Jhana Step w/ Ginger	<b>27</b> HIIT w/ Abby Core w/ Abby HIIT w/ Abby	<b>28</b> Yoga w/ Gretchen Drills w/ Quentin Tabata w/ Ginger	