



# ESRA Riverdale Group X Schedule MAY 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM	<b>1</b> Muscle mix w/ Steve	<b>2</b> Body Sculpt w/ Jhana	<b>1</b> Ropes w/ Abby	<b>2</b> Yoga w/ Gretchen	<b>3</b> 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	<b>6</b> Muscle mix w/ Steve	<b>7</b> Body Sculpt w/ Jhana	<b>8</b> Kettlebell w/ Abby	<b>9</b> Yoga w/ Gretchen	<b>10</b> 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	<b>13</b> Muscle mix w/ Steve	<b>14</b> Body Sculpt w/ Jhana	<b>15</b> HIIT w/ Abby	<b>16</b> Yoga w/ Gretchen	<b>17</b> 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	<b>20</b> Muscle mix w/ Steve	<b>21</b> Body Sculpt w/ Jhana	<b>22</b> Pilates Pump w/ Abby	<b>23</b> Yoga w/ Gretchen	<b>24</b> 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	No Class	HIIT w/ Abby	Tabata w/ Ginger	
12:15-1:00PM	<b>27</b> CLOSED: Happy Memorial Day	<b>28</b> Body Sculpt w/ Jhana	<b>29</b> TRX w/ Abby	<b>30</b> Yoga w/ Gretchen	<b>31</b> Bootcamp w/ Quentin
1:00-1:30PM			Core w/ Abby	Drills w/ Quentin	
5:15-6:00PM		Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	