



ESRA Riverdale Group X Schedule AUG 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM				1	2 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	5 Muscle mix w/ Steve NO CLASS Bootcamp w/ Sinclair	6 PIYO w/ Jhana Pilates w/ Abby NO CLASS	7 Kettlebell w/ Abby Core w/ Abby HIIT w/ Abby	8 NO CLASS HIIT w/ Quentin Bootcamp w/ Quentin	9 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	12 Crosstraining w/ Q NO CLASS Bootcamp w/ Sinclair	13 PIYO w/ Jhana Pilates w/ Abby NO CLASS	14 Cards w/ Abby Core w/ Abby HIIT w/ Abby	15 Yoga w/ Gretchen HIIT w/ Quentin Bootcamp w/ Quentin	16 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	19 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	20 PIYO w/ Jhana Pilates w/ Abby NO CLASS	21 Ropes w/ Abby Core w/ Abby HIIT w/ Abby	22 Yoga w/ Gretchen HIIT w/ Quentin Bootcamp w/ Quentin	23 Bootcamp w/ Quentin
12:15-1:00PM 1:00-1:30PM 5:15-6:00PM	26 Muscle mix w/ Steve Yoga w/ G till 1:45p Bootcamp w/ Sinclair	27 PIYO w/ Jhana Pilates w/ Abby Step w/ Ginger	28 TRX w/ Abby Core w/ Abby HIIT w/ Abby	29 Yoga w/ Gretchen HIIT w/ Quentin Bootcamp w/ Quentin	30 Bootcamp w/ Quentin