

Biltmore FITNESS SCHEDULE

SUNDAY

8:30
BODY SCULPT
Margret
Fitness Studio

8:30
SPIN
Robert
Spin Studio

9:30
HATHA YOGA
(90 min)
Loree
Meeting Room

10:00
ROCK N'SCULPT
Ruth
Fitness Studio

12:00
YOGA I
(90 min)
Loree
Fitness Studio

MONDAY

6:15
SPIN
Robert
Spin Studio

7:00
STRENGTH INTERVAL
Shebah
Fitness Studio

8:00
BEGIN TO SPIN
Shebah
Spin Studio

8:00
CARDIO FIT
Juan
Fitness Studio

9:00
SPIN
Juan
Spin Studio

9:00
BODY SCULPT
JoJo
Fitness Studio

9:30
HYDRO-PILATES
Ann
Pool

10:00
BODY BLAST
Erica
Fitness Studio

11:00
FUSION JAM
Armando
Fitness Studio

TUESDAY

6:15
SPIN
Sally
Spin Studio

7:00
AQUA CIRCUIT TRAINING
Kim
Pool

7:15
SPIN
Meredith
Spin Studio

8:00
STRETCH
Christa
Fitness Studio

9:00
ZUMBA
Milla
Fitness Studio

9:30
AQUA FITNESS
Sally
Pool

10:00
BODY BLAST
Erica
Fitness Studio

11:00
YOGILATES
(90 min)
Christa
Fitness Studio

12:15
SPIN EXPRESS
Brad
Spin Studio

WEDNESDAY

6:15
SPIN
Robert
Spin Studio

7:00
CARDIO FIT
Shebah
Fitness Studio

8:00
CORE & MORE
Shebah
Fitness Studio

9:00
SPIN
Erica
Spin Studio

9:00
BODY SCULPT
Juan
Fitness Studio

9:30
HYDRO-PILATES
Ann
Pool

10:00
ZUMBA
Armando
Fitness Studio

11:00
YOGA FLOW
(90 min)
Jason
Fitness Studio

THURSDAY

6:15
SPIN
Sally
Spin Studio

7:00
CARDIO FIT
Shebah
Fitness Studio

7:00
AQUA CIRCUIT TRAINING
Kim
Pool

8:00
BEGIN TO SPIN
Shebah
Spin Studio

8:00
STRETCH
Christa
Fitness Studio

9:00
ZUMBA
Milla
Fitness Studio

9:30
AQUA FITNESS
Sally
Pool

12:00
VINYASA YOGA
(90 min)
Debra
Fitness Studio

12:15
SPIN EXPRESS
Brad
Spin Studio

FRIDAY

6:15
SPIN
Sally
Spin Studio

7:00
CARDIO FIT
Shebah
Fitness Studio

8:00
CORE & MORE
Shebah
Fitness Studio

9:00
SPIN
Juan
Spin Studio

9:00
BODY SCULPT
JoJo
Fitness Studio

9:30
HYDRO-PILATES
Ann
Pool

10:00
AB'S ROCK
Juan
Fitness Studio

11:00
FUSION JAM
Armando
Fitness Studio

12:00
VINYASA YOGA
(90 min)
Debra
Fitness Studio

12:15
SPIN EXPRESS
Brad
Spin Studio

SATURDAY

8:00
BODY SCULPT
Margret
Fitness Studio

8:30
SPIN
Robert
Spin Studio

9:00
ZUMBA
Aldo
Fitness Studio

9:30
AQUA FITNESS
Maria
Pool

10:00
20/20/20
Ruth
Fitness Studio

10:00
SPIN
Sally
Spin Studio

11:00
VINYASA YOGA
(90 min)
Debra
Fitness Studio

Biltmore FITNESS SCHEDULE

SUNDAY

6:00
VINYASA YOGA
(90 min)
Debra
Fitness Studio

MONDAY

4:00
BODY SCULPT
Erica
Fitness Studio

5:00
POWER PILATES
Christa
Fitness Studio

5:30
SPIN
Jorge
Spin Studio

6:00
ZUMBA
Milla
Fitness Studio

6:00
HATHA YOGA
(90 min)
Christa
Meeting Room

6:00
HYDRO BOOTCAMP
Nubia
Pool

7:00
CARDIO KICKBOXING
Becky
Fitness Studio

TUESDAY

5:00
BODY SCULPT
Meredith
Fitness Studio

5:30
SPIN
Erica
Spin Studio

6:00
BOOTCAMP
Denise
Courtyard

6:00
HYDRO BOOTCAMP
Nubia
Pool

6:30
SPIN
Shebah
Spin Studio

7:00
HATHA YOGA
(90 min)
Aiyasha
Meeting Room

7:00
ZUMBA
Walter
Fitness Studio

WEDNESDAY

5:00
PILATES
Christa
Fitness Studio

5:30
SPIN
Jorge
Spin Studio

6:00
ROCK N' SCULPT
Ruth
Fitness Studio

6:00
HYDRO BOOTCAMP
Nubia
Pool

6:30
SPIN
Arturo
Spin Studio

6:30
GENTLE YOGA
Daniella
Meeting Room

7:00
CARDIO KICKBOXING
Becky
Fitness Studio

THURSDAY

4:00
CAFE CON LECHE
JoJo
Fitness Studio

5:00
BODY SCULPT
JoJo
Fitness Studio

5:30
SPIN
Robert
Spin Studio

6:00
BOOTCAMP
Mark
Courtyard

6:00
HYDRO BOOTCAMP
Nubia
Pool

6:00
ZUMBA
Walter
Fitness Studio

6:30
SPIN
Shebah
Spin Studio

6:30
HATHA YOGA
(90 min)
Christa
Meeting Room

FRIDAY

5:30
ZUMBA
Aldo
Fitness Studio

6:30
HATHA YOGA
(90 min)
Debra
Fitness Center

SATURDAY

4:30
VINYASA YOGA
(90 min)
Debra
Fitness Studio