# Group Fitness Schedule

**St. Luke’s West End Fitness & Sports Performance**  
**Week of August 30, 2020**

<table>
<thead>
<tr>
<th>Sunday 8/30</th>
<th>Monday 8/31</th>
<th>Tuesday 9/1</th>
<th>Wednesday 9/2</th>
<th>Thurs 9/3</th>
<th>Friday 9/4</th>
<th>Saturday 9/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 am IP Cycle—Hali</td>
<td>5:30 am IP &amp; V Metabolic Mike S</td>
<td>6:00 am IP Cycle—Hali</td>
<td>5:30 am IP &amp; V Butts &amp; Guts Mike S</td>
<td>5:45 am IP Cycle—Sue</td>
<td>8:00 am IP &amp; V Metabolic John G</td>
<td></td>
</tr>
<tr>
<td>9:00 am IP &amp; V Pilates—Hali</td>
<td>9:15 am IP &amp; V Yoga—Ann</td>
<td>8:30 am IP &amp; V Mobility &amp; Strength Mike S</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm V Zumba Krista</td>
<td>5:45 pm IP &amp; V Yoga—Kaity</td>
<td>5:30 pm V Zumba Krista</td>
<td>5:30pm IP Cycle—Hali</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm IP &amp; V Metabolic John G</td>
<td>6:00 pm IP &amp; V Metabolic John G</td>
<td>6:30pm IP &amp; V Body Sculpt—Kristy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Virtual Class links are sent to members by email**

| Virtual Class | In-Person Class | Virtual and In-Person Class | IP-In-Person Class V-Virtual Class |
# Group Fitness Schedule

**St. Luke’s West End Fitness & Sports Performance**  
**Week of September 6, 2020**

<table>
<thead>
<tr>
<th>Sunday 9/6</th>
<th>Monday 9/7</th>
<th>Tuesday 9/8</th>
<th>Wed 9/9</th>
<th>Thurs 9/10</th>
<th>Friday 9/11</th>
<th>Saturday 9/12</th>
</tr>
</thead>
</table>
|            |            | **5:30 am IP & V**  
Metabolic  
Mike S | **6:00 am IP**  
Cycle—Hali | **5:30 am IP & V**  
Butts & Guts  
Mike S | **5:45 am IP**  
Cycle—Sue | **8:00 am IP & V**  
Metabolic  
John G |
|            |            | **Labor Day**  
Gym Open  
7am–1pm |         | **8:00 am IP**  
Cycle—Geri | **5:45 am IP**  
Body Sculpt—Sue |   |
|            |            | **8:00 am IP**  
Cycle—Ann | **9:15 am IP & V**  
Mobility & Strength  
Mike S | **8:30 am IP & V**  
Mobility & Strength  
Mike S | **9:15 am IP**  
Cycle—Morgan |   |
| **Virtual Class** | **Virtual Class** | **In-Person Class** | **Virtual and In-Person Class** | **IP-In-Person Class** | **V-Virtual Class** |   |

Virtual Class links are sent to members by email.