**BODYPLEX - Cartersville STUDIO 1** 

Group Exercise Schedule (downstairs)
Friday Saturday

Samus   Samu			Jaiteio						0.04P =x		44.5
Common	Mon	day	Tu	ıesday	We	ednesday	Т	hursday	Fri	day	Saturday
100AM - 6.40AM   VIRTUAL CORE   100AM - 6.40AM   VIRTUAL CORE   30 mins	5:30AM - 6:00AM	VIRTUAL GRIT Cardio 30 mins	5:30AM - 6:00AM		5:30AM - 6:00AM		5:30AM - 6:00AM		5:30AM - 6:00AM		BURN
6.45AM - 7.10AM   VIRTUAL GRT   Strength 30 mins   Surength 30 mins	6:05AM - 6:35AM		6:10AM - 6:40AM		6:00AM - 6:30AM		6:05AM - 6:35AM		6:00AM - 6:30AM		VIRTUAL DANCE 45 mins
Same	6:40AM - 7:10AM		6:45AM - 7:30AM		6:35AM - 7:05AM		6:35AM - 7:05AM		6:30AM - 7:00AM		VIRTUAL BODY
9:30AM - 10:30AM VIRTUAL BODY COMBAT 60 mins 9:30AM - 10:30AM VOGA 9:30AM - 10:00AM VIRTUAL BODY COMBAT 50 mins 12:15PM - 12:45PM VIRTUAL BODY COMBAT 30 mins 12	7:15AM - 7:30AM		8:30AM - 9:00AM		7:15AM - 7:35AM		7:15AM - 7:45AM		7:10AM - 7:55AM		
COMBAT 60 mins   9:30AM - 10:30AM   YOGA   Beginner   9:00AM - 9:30AM   VIRTUAL CORE   10:45AM - 11:45AM   Senior Stretch   10:45AM - 11:45AM   SILVER SNEAKERS   10:00AM - 10:15AM   VIRTUAL CORE Ab blast   12:15PM - 12:45PM   VIRTUAL BODYPUMP   30 mins	8:30AM - 9:30AM	BODYPUMP	9:00AM - 9:30AM		8:30AM - 9:30AM	ВОДУРИМР	8:30AM - 9:00AM		8:30AM - 9:30AM	BODYATTACK	
10:45AM - 11:45AN Serior Stretch 10:45AM - 11:45AN SILVER SNEAKERS 10:45AM - 11:	9:30AM - 10:30AM		9:30AM - 10:30AM	YOGA	9:30AM - 10:00AM						
30 mins 30 min	10:45AM - 11:45AN	Senior Stretch	10:45AM - 11:45AM	SILVER SNEAKERS	10:00AM - 10:15AM	VIRTUAL CORE Ab blast	9:30AM - 10:30AM		10.45AW - 11.45AW		
3:20PM - 3:50PM VIRTUAL BODY COMBAT 30 mins VIRTUAL BODYPUMP 30 mins 12:15PM - 12:45PM VIRTUAL BODYATTACK 30 mins 12:15PM - 12:45PM VIRTUAL GRIT Strength 30 mins 12:15PM - 12:45PM VIRTUAL GRIT 30 mins 12:15PM - 12:45PM VIRTUAL BODYATTACK 30 mins 12:15PM - 12:45PM VIRTUAL GRIT 30 mins 12:15PM - 12:45PM VIRTUAL BODYATTACK 30 mins 12:15PM - 12:45PM VIRTUAL GRIT 30 mins 12:15PM VIRTUAL BODYATTACK 30 mins 12:15PM VIRTUAL BODYATTACK 30 mins 12:15PM VIRTUAL BODYATTACK 30 mins 12:15PM VIRTUAL GRIT 30 mins 12:15PM VIRTUAL BODYATTACK 30	12:15PM - 12:45PM		12:15PM - 12:45PN	VIRTUAL GRIT CARDIO 30 mins	10:45AM - 11:45AM		10:45AM - 11:45AM	SILVER SNEAKERS	12:15AM - 12:45AN		
4:00PM - 4:30PM   VIRTUAL BODYPUMP   30 mins   30 mins   30 mins   30 mins   30 mins   30 mins   320PM - 3:50PM   VIRTUAL GRIT cardio 30 mins   3:20PM - 3:50PM   VIRTUAL GRIT Strength 30 mins   3:20PM - 3:50PM   VIRTUAL GRIT Strength 30 mins   3:20PM - 4:30PM   VIRTUAL GRIT Strength 30 mins   3:20PM - 4:30PM   VIRTUAL BODYPUMP 30 mins   3:20PM - 4:30PM   VIRTUAL BODYPUMP 30 mins   4:45PM - 5:45PM   GROOVE   4:45PM - 5:45PM   VIRTUAL BODYPUMP 30 mins   4:45PM - 5:45PM   VIRTUAL BODYPUMP 30 mins   5:45PM - 5:45PM   VIRTUAL BODYPUMP 60 mins   5:45PM - 6:45PM   VIRTUAL BODYPUMP 60 mins   5:45PM - 6:45PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 6:45PM   GROOVE   5:45PM - 6:45PM   GROOVE   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 6:45PM   GROOVE   6:45PM - 6:45PM   GROOVE   6:45PM - 6:45PM   GROOVE   6:45PM - 6:45PM   GROOVE   6:45PM - 7:30PM   VIRTUAL BODYPUMP 60 mins   6:45PM - 6:45PM   GROOVE   6:45PM	3:20PM - 3:50PM		3:20PM - 3:50PM		12:15PM - 12:45PM			VIRTUAL BODYATTACK	3:20PM - 3:40PM		
4:45PM - 5:45PM BURN 5:45PM BOOTCAMP 5:45PM 6:45PM GROOVE 6:45PM - 7:45PM MIXXED FIT 6:45PM - 7:45PM MIXXED FIT  4:00PM - 4:30PM VIRTUAL BODYPUMP 30 mins  4:45PM - 5:45PM VIRTUAL BODYPUMP 30 mins  4:45PM - 5:45PM VIRTUAL BODYPUMP 60 mins  5:45PM - 6:45PM BOOTCAMP  6:45PM - 7:45PM REBEL STRENGTH  6:45PM - 7:45PM BODYBALANCE 6:45PM - 7:45PM MIXXED FIT  4:00PM - 4:30PM VIRTUAL BODYCOMBAT 30 mins  5:45PM - 6:45PM VIRTUAL BODYPUMP 60 mins  6:45PM - 7:45PM MIXXED FIT  4:45PM - 5:45PM VIRTUAL BODYPUMP 60 mins  6:45PM - 7:45PM MIXXED FIT  4:45PM - 5:45PM VIRTUAL BODYPUMP 60 mins  6:45PM - 7:45PM MIXXED FIT	4:00PM - 4:30PM		4:00PM - 4:30PM		3:20PM - 3:50PM		3:20PM - 3:50PM	VIRTUAL GRIT	4:00PM - 4:30PM		
6:45PM - 7:45PM MIXXED FIT 6:45PM - 7:45PM REBEL STRENGTH 4:45PM - 5:45PM VIRTUAL BODYPUMP 60 mins 5:45PM - 6:45PM BODYBALANCE 6:45PM - 7:45PM MIXXED FIT 5:45PM - 6:45PM VIRTUAL BODYPUMP 60 mins 6:45PM - 7:45PM MIXXED FIT 5:45PM - 6:45PM VIRTUAL BODY VIRTUAL BODY BALANCE 60 mins			4:45PM - 5:45PM	ELEVATE	4:00PM - 4:30PM		4:00PM - 4:30PM				
6:45PM - 7:45PM	5:45PM - 6:45PM	BOOTCAMP	5:45PM - 6:45PM	GROOVE	4:4EDM E:4EDM	VIDTUAL DANCE			5·45DM - 6·15DM	VIDTUAL CDIT	
5:45PM - 6:45PM	6:45PM - 7:45PM	MIXXED FIT	6:45PM - 7:45PM	REBEL STRENGTH	4.43FIVI - 3.43FIVI		4:45PM - 5:45PM	VIRTUAL BODYPUMP	0.401 W 0.101 W		
							5:45PM - 6:45PM		6:30PM - 7:30PM		
					6:45PM - 7:45PM	MIXXED FIT	6:45PM - 7:45PM	REBEL STRENGTH			

DYPLEX - Cartersville STUDIO 2	
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<b>BODYP</b>	LEX - C	artersv	ille STL	JDIO 2				Group Exe	ercise Sched	dule (upstairs)	
Monda			sday		dnesday	Th	ursday	Fric	day	Saturday	
	VIRTUAL RPM 30 mins	5:30AM - 6:00AM	VIRTUAL RPM 30 mins	5:00AM - 5:30AM	VIRTUAL SPRINT 30 mins	5:30AM - 6:00AM	VIRTUAL SPRINT 30 mins	5:00AM - 5:45AM	VIRTUAL THE TRIP 45 mins	8:30AM - 9:30AM TURN 10:00AM - 10:45AM	
6:00AM - 6:30AM	VIRTUAL SPRINT 30 mins	10:00AM - 10:50AM 3:30PM-4:20PM 6:00PM - 6:30PM		RPM	6:00AM - 6:50AM	VIRTUAL RPM 50 mins	8:30AM - 9:20AM	RPM	6:00AM - 6:30AM	VIRTUAL SPRINT 30 min	VIRTUAL THE TRIP 45 mins
8:30AM - 9:15AM	VIRTUAL THE TRIP 45 mins		50 mins	8:30AM - 9:00AM	VIRTUAL SPRINT 30 mins	10:00AM - 10:45AM	VIRTUAL THE TRIP 345 mins	8:30AM - 9:00AM	VIRTUAL SPRINT 30 mins		
9:30AM - 10:00AM	VIRTUAL SPRINT 30 mins		VIRTUAL RPM 50 mins	9:30AM - 10:00AM	VIRTUAL SPRINT 30 mins	3:30PM-4:20PM  5:30PM - 6:20PM	VIRTUAL RPM 50 mins	9:30AM - 10:00AM	VIRTUAL SPRINT 30 mins		
12:15PM - 12:45PM	VIRTUAL SPRINT 30 mins		VIRTUAL SPRINT 30 mins	12:15PM - 12:45PM	VIRTUAL RPM 30 mins		VIRTUAL RPM 50 mins	12:15PM - 12:45PM	VIRTUAL SPRINT 30 mins		
4:30PM-5:20PM	VIRTUAL RPM 50 mins			4:30PM-5:15PM	VIRTUAL THE TRIP 45 mins			4:30PM-5:20PM	VIRTUAL RPM 50 mins		
5:30PM - 6:20PM	VIRTUAL RPM 50 mins			5:30PM - 6:15PM	VIRTUAL THE TRIP 45 mins			5:30PM - 6:20PM	VIRTUAL RPM 30 mins		
6:30PM - 7:20PM	VIRTUAL SPRINT 50			6:30PM - 7:15PM	VIRTUAL SPRINT 30 mins						