

BODYPLEX - Cartersville

STUDIO 1

Group Exercise Schedule (downstairs)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:30AM - 6:00AM	VIRTUAL GRIT Cardio 30 mins	5:30AM - 6:00AM	VIRTUAL BODYPUMP 30 mins	5:30AM - 6:00AM	VIRTUAL BODYATTACK 30 mins	5:30AM - 6:00AM	VIRTUAL BODYPUMP 30 mins	5:30AM - 6:00AM	VIRTUAL BODY COMBAT 30 mins	9:30AM - 10:30AM	BURN
6:05AM - 6:35AM	VIRTUAL CORE 30 mins	6:10AM - 6:40AM	VIRTUAL BODYCOMBAT 30 mins	6:00AM - 6:30AM	VIRTUAL BODYPUMP 30 mins	6:05AM - 6:35AM	VIRTUAL BODYBALANCE strength	6:00AM - 6:30AM	VIRTUAL CORE 30 mins	10:30AM - 11:15AM	VIRTUAL DANCE 45 mins
6:40AM - 7:10AM	VIRTUAL GRIT Strength 30 mins	6:45AM - 7:30AM	VIRTUAL CORE 45 mins	6:35AM - 7:05AM	VIRTUAL CORE 30 mins	6:35AM - 7:05AM	VIRTUAL DANCE 30 mins	6:30AM - 7:00AM	VIRTUAL BODYPUMP 30 mins	11:30AM - 12:00PM	VIRTUAL BODY BALANCE Flexibility
7:15AM - 7:30AM	VIRTUAL BODYPUMP Lower Body	8:30AM - 9:00AM	VIRTUAL GRIT CARDIO 30 mins	7:15AM - 7:35AM	VIRTUAL BODYPUMP upper Body	7:15AM - 7:45AM	VIRTUAL GRIT cardio 30 mins	7:10AM - 7:55AM	VIRTUAL CORE 45 mins		
8:30AM - 9:30AM	BODYPUMP	9:00AM - 9:30AM	VIRTUAL CORE 30 mins	8:30AM - 9:30AM	BODYPUMP	8:30AM - 9:00AM	VIRTUAL BODYBALANCE Strength	8:30AM - 9:30AM	BODYATTACK		
9:30AM - 10:30AM	VIRTUAL BODY COMBAT 60 mins	9:30AM - 10:30AM	YOGA	9:30AM - 10:00AM	VIRTUAL BODY COMBAT Beginner	9:00AM - 9:30AM	VIRTUAL CORE 30 mins	9:30AM - 10:30AM	IRON PULSE		
10:45AM - 11:45AM	Senior Stretch	10:45AM - 11:45AM	SILVER SNEAKERS	10:00AM - 10:15AM	VIRTUAL CORE Ab blast	9:30AM - 10:30AM	BODYBALANCE	10:45AM - 11:45AM	VIRTUAL BODY BALANCE 60 mins		
12:15PM - 12:45PM	VIRTUAL BODYPUMP 30 mins	12:15PM - 12:45PM	VIRTUAL GRIT CARDIO 30 mins	10:45AM - 11:45AM	VIRTUAL BODYPUMP 60 mins	10:45AM - 11:45AM	SILVER SNEAKERS	12:15AM - 12:45AM	VIRTUAL CORE 30 mins		
3:20PM - 3:50PM	VIRTUAL BODY COMBAT 30 mins	3:20PM - 3:50PM	VIRTUAL BODYPUMP 30 mins	12:15PM - 12:45PM	VIRTUAL BODYPUMP 30 mins	12:15PM - 12:45PM	VIRTUAL BODYATTACK 30 mins	3:20PM - 3:40PM	VIRTUAL BODY BALANCE YOGA		
4:00PM - 4:30PM	VIRTUAL BODYPUMP 30 mins	4:00PM - 4:30PM	VIRTUAL BODYATTACK 30 mins	3:20PM - 3:50PM	VIRTUAL GRIT cardio 30 mins	3:20PM - 3:50PM	VIRTUAL GRIT Strength 30 mins	4:00PM - 4:30PM	VIRTUAL CORE 30 mins		
4:45PM - 5:45PM	BURN	4:45PM - 5:45PM	ELEVATE	4:00PM - 4:30PM	VIRTUAL BODYPUMP 30 mins	4:00PM - 4:30PM	VIRTUAL BODYCOMBAT 30 mins	4:45PM - 5:15PM	VIRTUAL GRIT athletic 30 mins		
5:45PM - 6:45PM	BOOTCAMP	5:45PM - 6:45PM	GROOVE	4:45PM - 5:45PM	VIRTUAL DANCE 45 mins	4:45PM - 5:45PM	VIRTUAL BODYPUMP 60 mins	5:45PM - 6:15PM	VIRTUAL GRIT athletic 30 mins		
6:45PM - 7:45PM	MIXXED FIT	6:45PM - 7:45PM	REBEL STRENGTH	5:45PM - 6:45PM	BODYBALANCE	5:45PM - 6:45PM	GROOVE	6:30PM - 7:30PM	VIRTUAL BODY BALANCE 60 mins		
				6:45PM - 7:45PM	MIXXED FIT	6:45PM - 7:45PM	REBEL STRENGTH				

