

GROUP FITNESS SCHEDULE

SCHEDULE EFFECTIVE THROUGH AUGUST 31

GROUP FITNESS SCHEDULE

FITNESS & CYCLING DIRECTOR: Thea Thompson
 EMAIL ADDRESS: thea@movementboulder.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 - 10:00 AM BLAST CARDIO Thea T.
			7:15 - 7:45 AM CORE ESSENTIALS Thea T.		10:05 - 10:35 AM BLAST STRENGTH Thea T.
		10:00 - 10:45 AM MAT PILATES (taught in Studio) Mary Laurence B.		11:00 - 11:30 AM BLAST CARDIO Heath C. ☀️	10:35 - 10:50 AM BLAST ABS Thea T.
☀️ 12:00 - 1:00 PM SPORTS CONDITIONING (Alt) Thea T. & Megan S.				11:35 - 11:50 AM BLAST ABS Heath C.	Sunday
					10:00 - 11:00 AM MAT PILATES (taught in Studio) Yvette F.
6:35 - 6:50 PM BLAST ABS Thea T.		6:00 - 6:45 PM CORE ESSENTIALS Heath C.	6:15 - 6:30 PM BLAST ABS Thea T.		
	☀️ 6:45 - 7:30 PM SPORTS CONDITIONING Thea T.	6:45 - 7:15 PM BLAST STRENGTH Heath C.	6:30 - 7:00 PM BLAST CARDIO Thea T. ☀️		

☀️ CLASS OUTSIDE
(weather permitting)

BLAST BLAST CLASS!

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