

## GPX Class Subs

| Day of Week      | Date          | Time           | Class                            | Sub        |
|------------------|---------------|----------------|----------------------------------|------------|
| Wednesday        | 15-Aug        | 9:30am         | Cycle Circuit Intervals          | Laura      |
| Thursday         | 16-Aug        | 8:45am         | Yoga Conditioning                | Mary Ann   |
| Thursday         | 16-Aug        | 9:45am         | Zumba                            | Palina     |
| Thursday         | 16-Aug        | 12:00pm        | Vinyasa (All Levels)             | Victoria   |
| Thursday         | 16-Aug        | 4:00pm         | Slow Flow                        | Lola       |
| Thursday         | 16-Aug        | 6:30pm         | Core & More                      | Palina     |
| Friday           | 17-Aug        | 6:30am         | Vinyasa                          | Marva      |
| Saturday         | 18-Aug        | 7:30am         | Power Cycling                    | Kim B.     |
| Saturday         | 18-Aug        | 9:00am         | Hot Vinyasa (All Levels)         | Mary Ann   |
| Saturday         | 18-Aug        | 9:00am         | Rizzmic                          | Melain     |
| Saturday         | 18-Aug        | 10:30am        | Vinyasa (All Levels)             | Heather    |
| Saturday         | 18-Aug        | 12:00pm        | Core & More                      | Shannon G. |
| Saturday         | 18-Aug        | 1:15pm         | Core & More                      | Shannon G. |
| <b>Sunday</b>    | <b>20-Aug</b> | <b>10:15am</b> | <b>Cycle Core &amp; Strength</b> |            |
| Monday           | 20-Aug        | 5:30am         | Power Cycling                    | Victoria   |
| Monday           | 20-Aug        | 9:30am         | Flex in the City                 | Palina     |
| Monday           | 20-Aug        | 5:00pm         | Yin Yoga                         | Mallory    |
| Monday           | 20-Aug        | 6:30pm         | Hot Vinyasa (Level 2)            | Marva      |
| <b>Tuesday</b>   | <b>21-Aug</b> | <b>5:30am</b>  | <b>Ultimate Fitness</b>          |            |
| Tuesday          | 21-Aug        | 8:45am         | Yoga Conditioning                | Marva      |
| Tuesday          | 21-Aug        | 4:00pm         | Slow Flow                        | Lola       |
| Wednesday        | 22-Aug        | 6:30am         | Vinyasa (All Levels)             | Mallory    |
| Wednesday        | 22-Aug        | 9:30am         | Cycle Circuit Intervals          | Laura      |
| Wednesday        | 22-Aug        | 5:00pm         | Yin Yoga                         | Mallory    |
| <b>Wednesday</b> | <b>22-Aug</b> | <b>6:30pm</b>  | <b>Vinyasa (All Levels)</b>      |            |
| <b>Thursday</b>  | <b>23-Aug</b> | <b>5:30am</b>  | <b>Ultimate Fitness</b>          |            |
| Friday           | 24-Aug        | 6:30am         | Vinyasa (All Levels)             | Mallory    |
| Monday           | 27-Aug        | 5:00pm         | Yin Yoga                         | Nicky      |
| Monday           | 27-Aug        | 6:30pm         | Hot Vinyasa (Level 2)            | Marva      |
| Wednesday        | 29-Aug        | 6:30am         | Vinyasa (All Levels)             | Marva      |
| <b>Wednesday</b> | <b>29-Aug</b> | <b>5:00pm</b>  | <b>Yin Yoga</b>                  |            |
| Wednesday        | 29-Aug        | 6:30pm         | Vinyasa (All Levels)             | Marva      |
| Friday           | 31-Aug        | 6:30am         | Vinyasa                          | Marva      |