

# EWING GROUP SCHEDULE FALL/WINTER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
M o r n i n g  C l a s s e s	6:00AM TEAM TRAINING	6:00AM Small Group Training	6:00AM URGE BOX	5:00AM URGE BOX	7:00AM URGE TEAM	8:00AM SUNRISE YOGA	8:30AM Small Group Training
		6:30AM PEDAL PARTY					9:00AM ZUMBA
	6:30AM SUNRISE YOGA		7:00AM YOGA FLOW	6:30AM Small Group Training	8:30AM Small Group Training	8:30AM Small Group Training	
		7:00AM PILATES		7:00AM CORE BLAST	10:00AM CORE BLAST	9:00AM URGE TEAM	11:30AM Small Group Training
	8:00AM Small Group Training		7:00AM Small Group Training	7:30AM PULSE	10:30AM CARDIO KICKBOX		
	9:00AM PUMP	9:00AM Small Group Training	8:30AM Small Group Training	8:30AM Small Group Training		9:00AM PEDAL PARTY	
	9:30AM URGESANITY	9:00AM ZUMBA	9:00AM GLUTE CAMP	9:30AM CYCLE PATH			
	10:30AM Small Group Training		9:30AM CARDIO KICKBOX			10:00AM PUMP	
			10:00AM PILATES			10:30AM URGESANITY	
							11:00AM Small Group Training
N i g h t  C l a s s e s	4:30PM Small Group Training	4:00PM Small Group Training	4:30PM Small Group Training	4:00PM Small Group Training		<p>All Small Group Training Sessions are 30 minutes All Large Group Training Sessions are 50 minutes Sign-Up required for all Premium and Elite classes Sign-Up required for all Youth Fitness Classes Please arrive minimum of 5 minutes early for all Aerial and Cycle classes</p> <p>Class schedule and instructors are subject to change Holiday schedules are posted in-house, on Facebook, and on the app</p> <p>   :URGE Elite Program : Semi- Private Coaching (6 ppl) : Group Exercise Classes                 </p> <p><b>***Private Coaching available Mon-Sun upon request***</b></p> <p>Download our FREE App for live and up-to-date schedule, and to reserve a spot in all classes</p>	
	5:00PM BOOT CAMP	5:30PM PUMP	5:00PM PUMP	5:30PM SHRED			
	5:30PM URGESANITY	6:00PM CARDIO KICKBOX	5:30PM URGESANITY	6:00PM PULSE			
	5:00PM Small Group Training	6:00PM PEDAL PARTY	6:00PM TEAM TRAINING	5:00PM Small Group Training			
	6:00PM URGE BOX	6:30PM Small Group Training	7:00PM Small Group Training	6:00PM URGE TEAM	7:00PM HATHA YOGA		
	6:30PM PEDAL PARTY	6:30PM TEAM TRAINING	7:00PM ZUMBA	6:30PM URGE BOX			
	7:00PM Small Group Training	7:00PM ZUMBA	8:00PM VINYASA YOGA	6:30PM Small Group Training			
	7:30PM GENTLE YOGA	8:00PM AERIAL YOGA	8:00PM Small Group Training	7:30PM AERIAL YOGA			
	8:00PM Small Group Training			8:00PM Small Group Training			