

# Group Exercise

**WORLD  
GYM**  
*Palm Springs*

UPDATED: September 20, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30am</b>		6:30 - 7:30 <b>Spinning</b> with Brent		6:30 - 7:30 <b>Spinning</b> with Brent			
<b>7:00am</b>	7:00-8:00 <b>Boot Camp</b> with Jeff		7:00-8:00 <b>Boot Camp</b> with Jeff				
<b>7:30am</b>							
<b>8:00am</b>	8:00-9:00 <b>Spin</b> with Lorri						
<b>8:30am</b>	8:30-9:30 <b>SilverSneakers</b> with Emil <small>Meets in SilverSneakers Studio!</small>		8:30 - 9:30 <b>SilverSneakers</b> with Emil <small>Meets in SilverSneakers Studio!</small>		8:30 - 9:30 <b>SilverSneakers</b> with Emil <small>Meets in SilverSneakers Studio!</small>		
<b>9:00am</b>	9:00-10:00 <b>Zumba</b> with Sujay		9:00-10:00 <b>Zumba</b> with Sujay	9:00-10:00 <b>Zumba</b> with Natalie	9:00-10:00 <b>Zumba</b> with Sujay	9:00-10:00 <b>Spinning</b> with Chris	9:00 - 10:00 <b>Spinning</b> with Vinnie
<b>10:00am</b>	10:00-11:00 <b>Yoga</b> with Judd	10:00-11:00 <b>Yoga</b> with Judd	10:00-11:00 <b>Power Spin</b> with Viktoria	10:00-11:00 <b>Yoga</b> with Judd	10:00-11:00 <b>Yoga</b> with Judd		
<b>10:30am</b>							
<b>11:00am</b>	11:00 - 12:00 <b>The Harris Method</b> with John L	11:00 - 12:00 <b>The Harris Method</b> with Ian Harris	11:00 - 12:00 <b>The Harris Method</b> with John L	11:00 - 12:00 <b>The Harris Method</b> with Ian Harris			
<b>12 noon</b>		12:00 - 1:00 <b>Spinning</b> with Vinnie			12:00 - 1:00 <b>Spinning</b> with Vinnie	12:00-1:00 <b>Vinyasa Yoga</b> with Tony	
<b>4:30pm</b>		1:00 - 1:30 <b>Abs</b> with Vinnie			1:00 - 1:30 <b>Abs</b> with Vinnie		
<b>5:00pm</b>							
<b>5:30pm</b>	5:30 - 6:30 <b>The Harris Method</b> with Ian Harris		5:30 - 6:30 <b>The Harris Method</b> with Ian Harris				
<b>6:30pm</b>	6:30-7:30 <b>Spinning</b> with Chris						

GET THE CURRENT SCHEDULE ONLINE: [WorldGymPalmSprings.com](http://WorldGymPalmSprings.com)

SCHEDULE MAY BE SUBJECT TO CHANGE, SUBSTITUTION OR CANCELLATION WITHOUT NOTICE.