

Group Exercise

**WORLD
GYM**
Palm Springs

UPDATED: July 20, 2022

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

GET THE CURRENT SCHEDULE ONLINE: WorldGymPalmSprings.com

SEE BACK OF THIS SHEET FOR CLASS DESCRIPTIONS. SCHEDULE MAY BE SUBJECT TO CHANGE, SUBSTITUTION OR CANCELLATION WITHOUT NOTICE.