

Group Exercise

**WORLD
GYM**
Palm Springs

UPDATED: September 6, 2023

	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>		7:00-8:00 Boot Camp <i>with Jeff</i>		
7:30am							
8:00am	8:00-9:00 Spin <i>with Lorrie</i>	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>		8:30-9:30 SilverSneakers <i>with Emil</i> <small>Meets in SilverSneakers Studio!</small>	8:00-9:00 Zumba <i>with Natalie</i>	
	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 SilverSneakers <i>with Emil</i> <small>Meets in SilverSneakers Studio!</small>	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>
			9:00-10:00 Zumba <i>with Sujay</i>				
10:00am	10:00-11:00 Yoga <i>with Karen</i>	10:00-11:00 Yoga <i>with Tracey</i>	10:00-11:00 Spin <i>with Lorri</i>	10:00-11:00 Yoga <i>with Tracey</i>	10:00-11:00 Yoga <i>with Mitch</i>	10:00-11:00 Boot Camp <i>with Jeff</i>	
10:30am							
11:00am	11:00 - 12:00 Core <i>with John L</i>	11:00 - 12:00 The Harris Method <i>with John L</i>	11:00 - 12:00 Core <i>with John L</i>	11:00 - 12:00 The Harris Method <i>with John L</i>			
12 noon		12:00 - 1:00 Spinning <i>with Vinnie</i>			12:00 - 1:00 Spinning <i>with Vinnie</i>	12:00-1:00 Vinyasa Yoga <i>with Tony</i>	
5:30pm							
6:30pm							

GET THE CURRENT SCHEDULE ONLINE: WorldGymPalmSprings.com

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