

Group Exercise



LAST UPDATE: February 16, 2022

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

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.