

Group Exercise



UPDATED: January 18, 2023

| | 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 | 8:00-9:00 Spin with Lorri | | | | | 8:00-9:00 Zumba with Natalie | |
| 8:30am | 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> | 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 with Richard | 10:00-11:00 Yoga with Tracy | | 10:00-11:00 Yoga with Tracy | 10:00-11:00 Yoga with Richard | 10:00-11:00 Boot Camp with Jeff | |
| 10:30am | | | | | | | |
| 11:00am | 11:00 - 12:00 Core with John L | 11:00 - 12:00 The Harris Method with Ian Harris | 11:00 - 12:00 Core with John L | 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 | 12:00-1:00 Vinyasa Yoga with Tony | |
| 4:30pm | | | | | | | |
| 5:00pm | | | | | | | |
| 5:30pm | 5:30 - 6:30 The Harris Method with Ian Harris | | 5:30 - 6:30 The Harris Method with Ian Harris | | | | |
| 6:30pm | 6:30-7:30 Spinning with Chris | | | | | | |

GET THE CURRENT SCHEDULE ONLINE: WorldGymPalmSprings.com

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