

# SOUTHERN MISS GROUP EX SCHEDULE

AUGUST INTERIM 2019  
AUGUST 5 - 23

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SUNDAY**

## MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG	PILATES FLOW	EAGLE STRONG	PILATES FLOW	EAGLE STRONG
9:00-10:00 AM		SSB	YOGA	SSB	
12:10-12:50 PM	YOGA		YOGA		YOGA
1:30-2:20 PM					PIYO
4:30-5:20 PM	BEGINNER YOGA	HIIT	PIYO		
5:30-6:20 PM	H.I.I.T	BUTTS & GUTS	HIP HOP	BUTTS & GUTS	
6:30-7:20 PM					

## DOGWOOD STUDIO

4:30-5:20 PM		YOGA		EAGLE STRONG
5:30-6:20 PM	PIYO	TURBO KICK	20/20/10 - KAITLYN	TURBO KICK
6:30-7:20 PM	HIIT IT W/ TRX	BOXING BOOT CAMP		BEGINNER YOGA
7:00-7:50 PM				

## SPIN STUDIO

6:30-7:00 AM			
1:30-2:30 PM			
4:30-5:30 PM			
5:30-6:20 PM	CYCLE	CYCLE	SPIN
6:30-7:00 PM			

## NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION	AQUA FUSION	AQUA FUSION
4:00-4:50 PM			
5:30-6:30 PM			

