

APRIL 2024

Group Exercise Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY: HIIT - HIGH INTENSITY INTERVAL TRAINING MET CON - METABOLIC CONDITIONING (HIGH INTENSITY)						
ST. LUKE'S JIM THORPE FITNESS & SPORTS PERFORMANCE CENTER 693 STATE RD 903 JIM THORPE, PA 18229 (570)-645-1883 Monday through Friday 5 am—8 pm Saturday 7am—1pm Sunday 9am—1pm						
	1 SPIN 7:00 AM HIIT CLASS 9:00 AM SCULPT 11:00 AM KICKBOXING 4:00 PM	2 GLUTES & CORE 10:30 AM SCULPT 4:30 PM METCON 5:30 PM	3 SPIN 8:00 AM HIIT 9:00 AM KICKBOXING 4:00 PM FLEXIBILITY 6:00 PM	4 GLUTES & CORE 10:30 AM SCULPT 4:30 PM METCON 5:30 PM	5 SCULPT 9:00 AM STRETCH 10:00 AM SCULPT 11:00 AM SPIN 12:00 PM	6 HIIT CLASS 9:00 AM SPIN CLASS 10:30 AM
7	8 SPIN 7:00 AM HIIT CLASS 9:00 AM SCULPT 11:00 AM KICKBOXING 4:00 PM	9 SPIN 8:00 AM SCULPT 9:00 AM GLUTES & CORE 10:30 AM METCON 5:30 PM	10 SPIN 8:00 AM HIIT 9:00 AM KICKBOXING 4:00 PM FLEXIBILITY 6:00 PM	11 GLUTES & CORE 10:30 AM SCULPT 4:30 PM METCON 5:30 PM	12 SCULPT 9:00 AM STRETCH 10:00 AM SCULPT 11:00 AM SPIN 12:00 PM	13 HIIT CLASS 9:00 AM SPIN CLASS 10:30 AM
14	15 SPIN 7:00 AM HIIT CLASS 9:00 AM SCULPT 11:00 AM KICKBOXING 4:00 PM	16 SPIN 8:00 AM SCULPT 9:00 AM GLUTES & CORE 10:30 AM METCON 5:30 PM	17 SPIN 8:00 AM HIIT 9:00 AM KICKBOXING 4:00 PM FLEXIBILITY 6:00 PM	18 GLUTES & CORE 10:30 AM SCULPT 4:30 PM METCON 5:30 PM	19 SCULPT 9:00 AM STRETCH 10:00 AM SCULPT 11:00 AM SPIN 12:00 PM	20 HIIT CLASS 9:00 AM SPIN CLASS 10:30 AM
21	22 SPIN 7:00 AM HIIT 9:00 AM SCULPT 11:00 AM KICKBOXING 4:00 PM	23 SPIN 8:00 AM SCULPT 9:00 AM GLUTES & CORE 10:30 AM METCON 5:30 PM	24 SPIN 8:00 AM HIIT 9:00 AM STRETCH 10:30 AM KICKBOXING 4:00 PM FLEXIBILITY 6:00PM	25 GLUTES & CORE 10:30 AM SCULPT 4:30 PM METCON 5:30 PM	26 SCULPT 9:00 AM SCULPT 11:00 AM SPIN 12:00 PM	27 HIIT CLASS 9:00 AM SPIN CLASS 10:30 AM
28	29 SPIN 7:00 AM HIIT CLASS 9:00 AM SCULPT 11:00 AM KICKBOXING 4:00 PM	30 SPIN 8:00 AM SCULPT 9:00 AM GLUTES & CORE 10:30 AM METCON 5:30 PM				