2020 indoor schedule

GROUP EXERCISE

All classes are free and require a reservation.

**sun**
- 5 PM Cycling
  - Hilltop Cycling
  - Abby
- 6 PM Meditative Yoga
  - Hilltop Studio
  - Mak

**mon**
- 6 AM Strength and Tone
  - McPhee 111
  - Grace
- 5 PM Yoga Sculpt
  - ZOOM only
  - Savy
- 5:15 PM Cycling
  - Hilltop Cycling
  - Jackie
- 6:30 PM Barre Fit
  - Hilltop Studio
  - Olivia
- 7:15 PM Cycling
  - Hilltop Cycling
  - Meg
- 8 PM Yoga
  - Hilltop Studio
  - Mak

**tues**
- 12 PM Butts and Guts
  - Hilltop Studio
  - Erin
- 5 PM Strength and Tone
  - Hilltop Studio
  - Abby S
- 5:15 PM Cycling
  - Hilltop Cycling
  - Abbie
- 6:30 PM Pilates Yoga
  - Hilltop Studio
  - Olivia
- 6:30 PM Zumba
  - McPhee 111
  - Hanna
- 7:15 PM Cycling
  - Hilltop Cycling
  - Meg
- 8 PM Yoga
  - McPhee 111
  - Maggie
- 8 PM Dance Strength
  - Hilltop Studio
  - Morgan

**wed**
- 6 AM Body Weight Cardio
  - McPhee 111
  - Grace
- 12 PM Body Weight Cardio
  - Hilltop Studio
  - Abby
- 5 PM Barre Fit
  - Hilltop Studio
  - Olivia
- 6:30 PM Butts and Guts
  - McPhee 111
  - Erin
- 6:30 PM Zumba
  - ZOOM only
  - Marissa
- 7:15 PM Cycling
  - Hilltop Cycling
  - Jackie
- 8 PM Body Weight
  - Strength McPhee 111
  - Abby S
- 8 PM Yoga
  - Hilltop Studio
  - Maggie

**thurs**
- 12 PM Strength and Tone
  - Hilltop Studio
  - Erin
- 5 PM Dance Strength Fusion
  - McPhee 111
  - Morgan
- 5 PM Strength and Tone
  - Hilltop Studio
  - Abbie
- 6:30 PM Body Weight Cardio
  - McPhee 111
  - Abby S
- 6:30 PM Yoga Sculpt
  - ZOOM only
  - Savy
- 7:15 PM Cycling
  - Hilltop Cycling
  - Emma
- 6:30 PM Body Weight Cardio
  - McPhee 111
  - Abbie S
- 6:30 PM Yoga Sculpt
  - ZOOM only
  - Savy
- 7:15 PM Cycling
  - Hilltop Cycling
  - Emma

**fri**
- 6 AM Body Weight Cardio
  - McPhee 111
  - Grace
- 12 PM Yoga
  - Hilltop Studio
  - Maggie
- 5 PM Zumba
  - Hilltop Studio
  - Hanna
- 5 PM Cycling
  - Hilltop Cycling
  - Emma
- 5 PM Cycling
  - Hilltop Cycling
  - Emma

**sat**
- 10 AM Cycling
  - Hilltop Cycling
  - Emma

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