

GROUP TRAINING 100

Every Format Under One Roof!

SUMMER 2017 SCHEDULE*

Many formats offer POLAR Heart Zone Monitoring, InfraRED Heated Yoga, and FREE Child Care Services.



MONDAY

5:30 am Cardio & Strength
 6:05 am Ultimate Boot Camp
 8:15 am Stretch & Strength
 9:00 am Vinyasa RED Yoga
 9:05 am Power Hr. Boot Camp
 9:15 am Cardio & Strength
 9:15 am Cycling w/POLAR
 10:15 am Cardio Circuit
 10:30 am Vinyasa RED Yoga
 11:15 am Sr. Balance & Strength
 4:30 pm Healthy Back Yoga
 5:45 pm Zumba
 5:45 pm Cycling w/POLAR
 5:45 pm Slow Flow Yoga
 6:45 pm Body Conditioning
 7:00 PM Aqua
 7:00 pm Cardio Kick Boxing
 7:00 pm Hatha Yoga
 8:15 pm LED Cardio Boxing

TUESDAY

5:45 am Cardio & Strength
 6:15 am LED Cardio Boxing
 8:00 am Cardio Boxing
 8:00 am Basic Cycling
 8:00 am Therapeutic RED Yoga
 9:15 am Zumba
 9:15 am Art of Vinyasa RED Yoga
 9:15 am Body Conditioning
 10:45 am Hatha Express Yoga
 11:15 am Aqua
 5:45 pm Barre Fitness
 5:45 pm Cycling
 6:35 pm Ultimate Boot Camp
 6:45 pm H.I.I.T. w/POLAR
 6:45 pm Healthy Back Yoga

WEDNESDAY

5:45 am Cycling w/POLAR
 6:05 am Power Hr. Boot Camp
 8:00 am Healthy Backs
 8:15 am Body Conditioning
 9:05 am Power Hr Boot Camp
 9:15 am Zumba
 9:15 am Cycling w/POLAR
 9:15 am Slow Flow Yoga
 9:15 am Barre Fitness
 10:15 am Step Interval
 10:30 am Hatha Yoga
 11:15 am Sr. Strength & Stretch
 5:45 pm Step & Strength
 6:00 pm Yin RED Yoga
 7:00 pm MC Club H.I.I.T.
 7:00 pm Cardio Kick Boxing
 7:00 pm Cycling
 7:15 pm Slow Flow Yoga
 8:15 pm Cardio Boxing

THURSDAY

5:45 am H.I.I.T.
 8:00 am Therapeutic RED Yoga
 8:00 am Cycling w/POLAR
 9:15 am Body Conditioning
 9:15 am Vinyasa RED Yoga
 10:30 am MC Club H.I.I.T.
 11:00 am Hatha Yoga
 12:00 pm Cardio Room & Stretch
 5:30 pm Zumba
 5:45 pm Cycling
 6:30 pm Cardio & Strength
 6:35 pm Ultimate Boot Camp
 6:45 pm Vinyasa RED Yoga

FRIDAY

5:45 am Cycling w/POLAR
 6:05 am Ultimate Boot Camp
 8:00 am H.I.I.T. w/POLAR
 9:00 am Vinyasa RED Yoga
 9:05 am Ultimate Boot Campa
 9:15 am Zumba
 9:15 am Cycle Zone w/POLAR
 10:30 am Hatha Yoga
 10:30 am Basic Cardio
 11:00 am Aqua
 11:45 am Gentle Hatha Yoga
 7:00 pm Yin & Tonic RED Yoga

SATURDAY

7:25 am Ultimate Boot Camp
 7:30 am Cycling w/POLAR
 8:00 am Healthy Back Yoga
 8:30 am Cardio Kick Boxing
 9:00 am Step Special
 9:15 am Vinyasa RED Yoga
 10:00 am Cycling w/POLAR
 10:00 am Body Conditioning
 11:00 am Hatha Yoga
 2:30 pm LED Cardio Boxing

SUNDAY

8:00 am Cycling w/POLAR
 8:45 am Yin Yoga
 9:00 am Athletic Conditioning
 9:00 am Cardio Kick Boxing
 10:00 am Slow Flow Yoga
 11:00 am Zumba
 11:00 am Technique Boxing
 1:00 pm Barre Fitness
 4:30 pm RED YOGALATES

*Check on line for instructor information, class details and weekly changes at: TSCNOVI.COM

Program Members and Nonmembers **DOWNLOAD MINDBODY** and get the first class for **ONLY \$5.**

Classes FREE for Fitness Members • \$13 for Program Members • \$15 for Guests

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