

GROUP FITNESS

**THE CARLTON CLUB
NOVEMBER 2019**

160 East Pearson Street
Chicago, IL 60611
(312) 573-4902



MONDAY

8 AM Yoga with Kate
9 AM Total Body with Baiba
10 AM Aqua Fit with Baiba

6:30 PM Body Rock with Bridget

TUESDAY

9 AM Zumba with Shanae
10 AM FIT Moves with Bridget

5:30 PM Yoga with Baiba
6:30 PM Stretch with Baiba

WEDNESDAY

7 AM Sunrise Yoga with Rajni
9 AM Total Body with Baiba
10 AM Aqua Fit with Baiba

THURSDAY

9 AM Zumba with Shanae
10 AM FIT Moves with Shanae

6:30 PM Stretch with Baiba

FRIDAY

8 AM Yoga with Candice
9 AM Total Body with Baiba
10 AM Aqua Fit with Bridget

SATURDAY

8 AM Yoga with Baiba
9 AM Body Rock with Shanae
10 AM Zumba with Shanae

SUNDAY

8 AM Yoga with Rajni
9 AM Zumba with Shanae