Lenovo

GROUP EXERCISE SCHEDULE

exos

Exos Signature Class

MONDAY	**IMPACT PLUS** **6:00 - 6:55am** *Paul* Fitness Center	**RECHARGE BREAK** **10:50 - 10:55am** *Paul* Exos App/Teams	**PILLAR STRENGTH** **11:15 - 11:30am** *Paul* Hybrid	**BOOTCAMP** **11:35 - 12:00pm** *Paul* GEX Studio	**UNRAVEL** **12:05 - 12:20pm** *Paul* Hybrid
TUESDAY	**IMPACT PLUS** **6:00 - 6:55am** *Marcus* Fitness Center	**YOGA** **11:00 - 12:00pm** *Peiwei* Hybrid	**STRENGTH LAB** **12:05 - 12:50pm** *Mary* GEX Studio	**RECHARGE BREAK** **1:50 - 1:55pm** *Marcus* Exos App/Teams	
WEDNESDAY	**IMPACT PLUS** **6:00 - 6:55am** *Mary* Fitness Center	**RECHARGE BREAK** **10:50 - 10:55am** *Team Exos* Exos App/Teams	**TOTAL CONDITIONING** **11:35 - 12:30pm** *Marcus* GEX Studio		
THURSDAY	**IMPACT PLUS** **6:00 - 6:55am** *Marcus* Fitness Center	**YOGA** **11:00 - 12:00pm** *Stephen* Hybrid	**STRENGTH LAB** **12:05 - 12:50pm** *Marcus* GEX Studio	**RECHARGE BREAK** **1:50 - 1:55pm** *Mary* Exos App/Teams	**CALISTHENICS CLUB** **4:15 - 4:45pm** *Morgan* GEX Studio
FRIDAY	**IMPACT PLUS** **6:00 - 6:55am** *Marcus* Fitness Center	**RECHARGE BREAK** **10:50 - 10:55am** *Morgan* Exos App/Teams	**FULL BODY BLAST** **11:35-12:00pm** *Morgan* Hybrid	**WAIST MANAGEMENT** **12:05-12:20pm** *Morgan* Fitness Center	**CHINESE DANCE** **12:05-1:30pm** *Shasha* GEX Studio *Premium class*