



Downtown Huntsville Express Center
January 1st - January 31st

101 Church Street
Huntsville, AL 35801
(256) 319-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Interval Blast Bridgeworth LLC Group Ex Room Mallory O. 5:30am - 6:15am	Indoor Cycling Indoor Cycling Room Chrystalle D. 5:30am - 6:15am	Interval Blast Bridgeworth LLC Group Ex Room Jennifer B. 5:30am - 6:15am	Indoor Cycling Indoor Cycling Room A C 5:30am - 6:15am	Interval Blast Bridgeworth LLC Group Ex Room Adrienne D. 5:30am - 6:15am		
6am		Therapeutic Yoga Bridgeworth LLC Group Ex Room Nancy B. 6:30am - 7:30am		Therapeutic Yoga Bridgeworth LLC Group Ex Room Nancy B. 6:30am - 7:30am			
8am		Body Sculpt Bridgeworth LLC Group Ex Room Jennifer B. 8:30am - 9:30am		Body Sculpt Bridgeworth LLC Group Ex Room Jennifer B. 8:30am - 9:30am		Indoor Cycling Indoor Cycling Room Adrienne D. 8am - 9am	
						Strength Train Together Bridgeworth LLC Group Ex Room Raye C. 8:15am - 9:15am	
9am	Pilates Bridgeworth LLC Group Ex Room Jana B. 9am - 10am		Pilates Bridgeworth LLC Group Ex Room Jana B. 9am - 10am	Pilates Bridgeworth LLC Group Ex Room Jana B. 9:30am - 10:30am		Vinyasa Flow Yoga Bridgeworth LLC Group Ex Room Marie K. 9:30am - 10:30am	
11am	Ashtanga Based Flow Yoga Bridgeworth LLC Group Ex Room Michael S 11am - 12pm		Ashtanga Based Flow Yoga Bridgeworth LLC Group Ex Room Michael S 11am - 12pm		Vinyasa Flow Yoga Bridgeworth LLC Group Ex Room Marie K. 11am - 12pm		
12pm	Indoor Cycling Indoor Cycling Room A C 12pm - 12:45pm		Indoor Cycling Indoor Cycling Room A C 12pm - 12:45pm		Indoor Cycling Indoor Cycling Room A C 12pm - 12:45pm		
	H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 12:15pm - 12:45pm		H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 12:15pm - 12:45pm		H.I.I.T. Bridgeworth LLC Group Ex Room Jennifer B. 12:15pm - 12:45pm		
5pm	ZUMBA Bridgeworth LLC Group Ex Room Jane T 5:30pm - 6:30pm	H.I.I.T. Bridgeworth LLC Group Ex Room Hope F. 5:20pm - 5:50pm	Indoor Cycling Indoor Cycling Room Mallory O. 5:30pm - 6:30pm	Pilates Bridgeworth LLC Group Ex Room Joelle W. 5:30pm - 6:30pm			
	Indoor Cycling Indoor Cycling Room Instructor Rotates 5:30pm - 6:15pm		ZUMBA Bridgeworth LLC Group Ex Room Jill M. 5:30pm - 6:30pm				
6pm		Strength Train Together Bridgeworth LLC Group Ex Room Michelle R. 6pm - 7pm		Strength Train Together Bridgeworth LLC Group Ex Room Kristin W. 6:30pm - 7:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.