

# MAY 2024

## GROUP FITNESS SCHEDULE

### KINETIC NEWPORT HOURS

MON - THUR	5:00 AM - 9:00 PM
FRI	5:00 AM - 7:00 PM
SAT	7:00 AM - 4:00 PM
SUN	7:00 AM - 1:00 PM

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	6:15a - 7:00a	▶ AMRAP	Max
	7:00a - 8:00a	● Mat Pilates	Kayla
	11:30a - 12:00p	▶ Cardio & Core	Max
	12:15p - 1:00p	▶ HIIT	Eli
	4:00p - 5:00p	● Yoga	Kayla
	5:30p - 6:30p	▶ Power Hour	Rachel
TUESDAY	6:15a - 7:00a	▶ Cardio Tone	Enrique
	7:15a - 8:00a	▶ Metabolic Burn	Brent
	11:30a - 12:15p	▶ Circuit Blast	KINETIC Team
	12:15p - 1:00p	● Yoga	Diane
	4:00p - 5:00p	● Yoga	Merilee
	5:30p - 6:15p	● Interval Cycle	Devon
WEDNESDAY	6:15a - 7:00a	● Sunrise Spin	Alex E.
	7:15a - 8:00a	● Pilates	Destany
	8:00a - 8:45a	▶ Metabolic Burn	Brent
	12:30p - 1:15p	● Yoga	Adam
	12:15p - 12:45p	▶ Circuit Blast	Alex J.
	1:00p - 1:30p	▶ X-Press Abs	Alex J.
5:30p - 6:15p	● Power Cycle	Rachel	
THURSDAY	6:15a - 7:00a	▶ Morning Grind	Alex J.
	7:15a - 8:00a	▶ Metabolic Burn	Brent
	11:30a - 12:15p	● Circuit Blast	KINETIC Team
	4:15p - 5:15p	● Yoga	Kayla
	5:30p - 6:15p	● Spin	Devon
FRIDAY	6:15a - 7:00a	● Sunrise Spin	Alex E.
	8:00a - 8:45a	▶ Metabolic Burn	Brent
	9:00a - 10:00a	● Yoga Flow	Merilee
	12:30p - 1:15p	● Yoga	Adam
SATURDAY	8:30a - 9:30a	▶ Power Hour	Max
	11:30a - 12:30p	● Yoga Flow	Merilee