



TYLER RACQUET CLUB 2026 Group Exercise Schedule - Designed by COACH K'S WAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am LES MILLS BODYPUMP Valerie 45 Min.	5:30am LES MILLS BODYBALANCE Shelly T 45 Min.	5:30am LES MILLS BODYPUMP Valerie 45 Min.		
8:15am LES MILLS BODYPUMP Abbie	8:30am Tabata Blast Amelia	8:15am LES MILLS BODYPUMP Valerie 45 Min.		8:30am CardioSculpt Laura V	8:30am LES MILLS BODYBALANCE Rotation
9:30am LES MILLS BODYPUMP Lindsay	9:30am Functional Fitness Lower/Core Amelia	9:30am LES MILLS BODYPUMP Lindsay	9:30am Functional Fitness Upper Body/Core Christiana	9:30am LES MILLS BODYPUMP Lindsay	9:15am LES MILLS BODYPUMP Rotation
10:30am Functional Fitness Upper/Core Laura V	10:30am LES MILLS BODYCOMBAT Abbie	10:30am Functional Fitness Total Body Strength Christiana	10:30am LES MILLS BODYBALANCE Shelly	10:30am Functional Fitness Lower Body/Core Amelia	10:30am Functional Fitness Total Body Conditioning Kamie
11:30am Zumba Alaina	11:30am Core/Mobility Flexibility Laura V			11:30am Zumba Alaina	
4:30pm Functional Fitness Total Body Kamie		4:30pm Spinerval Laura	4:30pm Functional Fitness Total Body Kamie		
	5:45pm Cardio Kickboxing Jeff				
5:30pm LES MILLS BODYCOMBAT Erin/Brooke	5:30pm LES MILLS BODYPUMP Erin	5:30pm LES MILLS BODYCOMBAT Kamie	5:30pm LES MILLS BODYPUMP Erin/Ginger		
6:30pm Yoga Kimberly	6:30pm LES MILLS BODYBALANCE Ginger		6:30pm LES MILLS BODYBALANCE Erin		