ZACHARIAS GANEY HEALTH INSTITUTE

ZG FITNESS SCHEDULE for OCTOBER 2020

TIME	SUNDAY	TIME	MONDAY				TIME	TUESDAY				TIME	WEDNESDAY				TIME	THURSDAY				TIME	FRIDAY				TIME	SATURDAY			TIME
			Main Rooms	Aerobics Room	Lecture Hall	Support		Main Rooms	Aerobics Room	Lecture Hall	Support		Main Rooms	Aerobics Room	Lecture Hall	Support		Main Rooms	Aerobics Room	Lecture Hall	Support		Main Rooms	Aerobics Room	Lecture Hall	Support		Main Rooms	Lecture Hall	Support	
5:30 AM		5:30 AM					5:30 AM					5:30 AM					5:30 AM				Cont. Trainer Team (Weight Room) 5:45-6 Shaun	5:30 AM					5:30 AM			5:30 AM
6:00 AM		6:00 AM	Cardio 30 6-6:30 Dan				6:00 AM	Cardio 30 6-6:30 Shaun				6:00 AM	Cardio 30 6-6:30 Dan				6:00 AM	Cardio 30 6-6:30 Shaun				6:00 AM	Cardio 30 6-6:30 Rose				6:00 AM			6:00 AM
6:30 AM		6:30 AM	Weights 30 6:30-7 Dan				6:30 AM	Weights 30 6:30-7 Shaun				6:30 AM	Weights 30 6:30-7 Dan				6:30 AM	Weights 30 6:30-7 Shaun				6:30 AM	Weights 30 6:30-7 Rose				6:30 AM			6:30 AM
7:00 AM		7:00 AM					7:00 AM					7:00 AM					7:00 AM					7:00 AM					7:00 AM	Cardio 30 7-7:30 Shaun		7:00 AM
7:15 AM		7:15 AM					7:15 AM					7:15 AM					7:15 AM					7:15 AM					7:15 AM			7:15 AM
7:30 AM		7:30 AM					7:30 AM	Weights 30 7:30-8 Dan				7:30 AM					7:30 AM	Weights 30 7:30-8 Dan				7:30 AM					7:30 AM	Weights 30 7:30-8 Shaun		7:30 AM
7:45 AM		7:45 AM	Weights 45 7:30-8:15 Dan				7:45 AM			Yoga 7:30-8:15 Kimi		7:45 AM	Weights 45 7:30-8:15 Dan				7:45 AM			Yoga 7:30-8:15 Kimi		7:45 AM	Weights 45 7:30-8:15 Rose				7:45 AM			7:45 AM
8:00 AM		8:00 AM					8:00 AM	Cardio 30 8-8:30- Dan				8:00 AM					8:00 AM	Cardio 30 8-8:30- Dan				8:00 AM					8:00 AM			8:00 AM
8:30 AM		8:30 AM	Cardio 30 8:15-8:45 Nick				8:30 AM		Low Impact Aerobics 8:30-9:15 Kimi			8:30 AM	Cardio 30 8:15-8:45 Rose				8:30 AM					8:30 AM	Cardio 30 8:15-8:45 Dan				8:30 AM	Weights 30 8:30-9 Rose		8:30 AM
8:45 AM		8:45 AM					8:45 AM	Weights 45 8:30-9:15 Doug				8:45 AM			Yoga & Balance 8:30-9:15 Kimi		8:45 AM	Weights 45 8:30-9:15 Doug	Low Impact Aerobics 8:30-9:15 Kimi			8:45 AM					8:45 AM			8:45 AM
9:00 AM		9:00 AM	Weights 45 8:45-9:30 Dan				9:00 AM					9:00 AM	Weights 45 8:45-9:30 Dan				9:00 AM					9:00 AM	Weights 45 8:45-9:30 Rose		Cont. Trainer Team (Lecture Hall) 9-9:30 Nick		9:00 AM	Cardio 30 9-9:30 Rose		9:00 AM
9:15 AM		9:15 AM					9:15 AM	Cardio 30 9:15-9:45 Doug				9:15 AM					9:15 AM	Cardio 30 9:15-9:45 Doug				9:15 AM					9:15 AM			9:15 AM
9:30 AM		9:30 AM	Cardio 30 9:30-10 Shaun	HIIT 9:30-10:15 Nick	TaiChiYo 9:30-10:15 Nani		9:30 AM					9:30 AM	Cardio 30 9:30-10 Rose	HIIT 9:30-10:15 Nick	Intro Pilates 9:30-10:15 Kimi		9:30 AM				WM Trainer Team (Lecture Hall) 9:30-10 Dan	9:30 AM	Cardio 30 9:30-10 Rose	HIIT 9:30-10:15 Nick			9:30 AM		Nutrition Workshop (Lecture Hall) 9:30-10 Doug	KEYS (online) 9:30-10:15 Madge	9:30 AM
9:45 AM		9:45 AM					9:45 AM		Core & Stretch 9:45-10:30 Kimi			9:45 AM					9:45 AM		Core and Stretch 9:45-10:30 Kimi			9:45 AM					9:45 AM			9:45 AM
10:00 AM		10:00 AM					10:00 AM	WM Weights 10-10:30 Dan/Doug				10:00 AM					10:00 AM	WM Weights 10-10:30 Dan/Doug				10:00 AM					10:00 AM	WM Weights 10-10:30 Doug/Rose	Streching 10-10:45 Kimi	10:00 AM
10:15 AM		10:15 AM					10:15 AM					10:15 AM					10:15 AM					10:15 AM					10:15 AM			10:15 AM
10:30 AM		10:30 AM	Weights 30 10:30-11 Nick				10:30 AM	WM Cardio 10:30-11 Dan/Doug				10:30 AM	Weights 30 10:30-11 Rose				10:30 AM	WM Cardio 10:30-11 Dan/Doug				10:30 AM	Weights 30 10:30-11 Rose				10:30 AM	WM Cardio 10:30-11 Doug/Rose		10:30 AM
10:45 AM		10:45 AM					10:45 AM		Restorative Yoga 10:45-11:30 Kimi			10:45 AM			Restorative Yoga 10:30-11:15 Kimi		10:45 AM					10:45 AM			Yin Flow Yoga 10:30-11:15 Nani		10:45 AM			10:45 AM
11:00 AM		11:00 AM	Cardio 30 11-11:30 Dan		Dynamic Stretch & Balance 10:45-11:30 Nani		11:00 AM				Nutrition Workshop (Lecture Hall) 11-11:30 Doug	11:00 AM	Cardio 30 11-11:30 Rose				11:00 AM		Restorative Yoga 10:45-11:30 Kimi			11:00 AM	Cardio 30 11-11:30 Rose				11:00 AM	Weights 30 11-11:30 Doug		11:00 AM
11:15 AM		11:15 AM					11:15 AM					11:15 AM					11:15 AM					11:15 AM					11:15 AM			11:15 AM
11:30 AM		11:30 AM					11:30 AM			Intro Pilates 11:30-12:15 Nani		11:30 AM		TaekwonYo 11:30-12:15 Nani		Cont. Trainer Team (Lecture Hall) 11:30-12 Nick	11:30 AM					11:30 AM		TaekwonYo 11:30-12:15 Nani			11:30 AM	Cardio 30 11:30-12 Doug		11:30 AM
11:45 AM		11:45 AM		TaekwonYo 11:45-12:30 Nani			11:45 AM					11:45 AM					11:45 AM					11:45 AM					11:45 AM			11:45 AM
12:00 PM	CLOSED	12:00 PM	Weights 30 12-12:30 Dan				12:00 PM	Weights 30 12-12:30 Doug				12:00 PM	Weights 30 12-12:30 Rose				12:00 PM	Weights 30 12-12:30 Dan			Nutrition Workshop (online) 12-1 Madge starting August 6	12:00 PM	Weights 30 12-12:30 Rose				12:00 PM			12:00 PM
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12:30 PM		12:30 PM	Cardio 30 12:30-1 Dan				12:30 PM	Cardio 30 12:30-1 Doug				12:30 PM	Cardio 30 12:30-1 Rose		Foam Roll & Stretch 12:30-1:15 Nani		12:30 PM	Cardio 30 12:30-1 Dan				12:30 PM	Cardio 30 12:30-1 Rose			Foam Roll & Stretch 12:30-1:15 Nani	12:30 PM			12:30 PM
12:45 PM		12:45 PM			Vinyasa Yoga 12:45-1:30 Nani		12:45 PM			Dynamic Stretch/Foam Roll 12:45-1:30 Nani		12:45 PM					12:45 PM					12:45 PM					12:45 PM			12:45 PM
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2:00 PM		2:00 PM					2:00 PM			Yin Flow Yoga & Meditation 2-3:30 Nani		2:00 PM					2:00 PM			Yin Flow Yoga & Meditation 2-3:30 Nani		2:00 PM					2:00 PM			2:00 PM
2:30 PM		2:30 PM					2:30 PM					2:30 PM	Weights 30 2:30-3 Rose				2:30 PM					2:30 PM					2:30 PM			2:30 PM
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4:00 PM		4:00 PM	Weights 45 4:4:45 Doug				4:00 PM					4:00 PM	Weights 45 4:4:45 Nick				4:00 PM					4:00 PM	Weights 45 4:4:45 Doug				4:00 PM			4:00 PM
4:30 PM		4:30 PM					4:30 PM	Weights 45 4:15-5 Rose				4:30 PM					4:30 PM	Weights 45 4:15-5 Rose				4:30 PM					4:30 PM			4:30 PM
4:45 PM		4:45 PM	Cardio 30 4:45-5:15 Nick				4:45 PM			TaekwonYo 4:30-5:15 Nani		4:45 PM	Cardio 30 4:45-5:15 Doug				4:45 PM			TaekwonYo 4:30-5:15 Nani		4:45 PM	Cardio 30 4:45-5:15 Doug				4:45 PM			4:45 PM
5:00 PM	WM Lecture (online) 5-6:30 Madge	5:00 PM					5:00 PM	Cardio 30 5-5:30 Rose				5:00 PM					5:00 PM	Cardio 30 5-5:30 Rose				5:00 PM					5:00 PM			5:00 PM
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5:30 PM		5:30 PM	Weights 45 5:30-6:15 Nick			Get Started Lecture (online) 5:30-6:30 Madge	5:30 PM	WM Weights 5:30-6 Doug/Rose	ZUMBA 5:30-6:30 Rhonda	Yin Flow Yoga 5:30-6:30 Nani		5:30 PM	Weights 45 5:30-6:15 Doug				5:30 PM	WM Weights 5:30-6 Nick/Rose		Yin Flow Yoga 5:30-6:30 Nani		5:30 PM	Weights 30 5:30-6 Doug				5:30 PM			5:30 PM
6:00 PM		6:00 PM			Core & Stretch 5:45-6:30 Kimi		6:00 PM	WM Cardio 6-6:30 Doug/Rose				6:00 PM			Core & Stretch 5:45-6:30 Kimi		6:00 PM	WM Cardio 6-6:30 Nick/Rose				6:00 PM	Cardio 30 6-6:30 Doug				6:00 PM			6:00 PM
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6:30 PM		6:30 PM		HIIT 6:30-7:15 Mary			6:30 PM	Weights 30 6:30-7 Rose				6:30 PM		HIIT 6:30-7:15 Mary			6:30 PM	Weights 30 6:30-7 Rose			WM Trainer Team (Aerobics Room) 6:30-7 Nick	6:30 PM					6:30 PM			6:30 PM
6:45 PM		6:45 PM	Weights 30 6:45-7:15 Doug		Resortative Yoga 6:45-7:30 Kimi		6:45 PM		HIIT 6:45-7:30 Doug			6:45 PM	Weights 30 6:45-7:15 Nick		Resortative Yoga 6:45-7:30 Kimi		6:45 PM	Weights 30 6:45-7:15 Nick				6:45 PM					6:45 PM			6:45 PM
7:00 PM		7:00 PM					7:00 PM	Cardio 30 7-7:30 Rose				7:00 PM					7:00 PM	Cardio 30 7-7:30 Rose				7:00 PM					7:00 PM			7:00 PM
7:15 PM		7:15 PM	Cardio 30 7:15-7:45 Nick				7:15 PM					7:15 PM	Cardio 30 7:15-7:45 Nick				7:15 PM					7:15 PM					7:15 PM			7:15 PM
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