



Eastmont Virtual Classes
December 2018

Note: To make the most of Virtual Classes, we recommend setting up a MyZone band and online account! Ask at the Front Desk!

GROUP FITNESS STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9:35 AM				Xtreme Burn: AbsCore 18 Minutes			
9:45 AM			TaeBo Shred 59 Minutes				
11:00 AM	Yoga: Downtown Rooftop 46 Minutes				Piloxing 26 Minutes	11:00 AM	Yoga: Beach 32 Minutes
6:30 PM		Dance & Sweat 1 49 Minutes	Yoga: Warehouse 59 Minutes	Dance & Sweat 2 50 Minutes			
CYCLING STUDIO							
<i>(VR) = Virtual Ride, (ZM) = Zone Match</i>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
7:30 AM		Alligator Alley (VR) 32 Minutes		Daytona (VR) 22 Minutes			Loch Leven, Scotland (VR) 53 Minutes
12:00 PM	Canyon Lake (VR) 39 Minutes		Old San Juan (VR) 32 Minutes	Alligator Alley (VR) 32 Minutes			
5:30 PM		Colorado Rockies (VR) 54 Minutes		The Sufferfest: Nine Hammers (VR) 58 Minutes			