



# NOAC Group Class Schedule



Group Class w/ Live Stream

Group Class. No Live Stream

Live Stream Only



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am							
7:00 am		FlowYoga 7:30 – 8:30 AM Catherine/Ballroom/Level II		Barre/Yoga Fusion 7:15 AM – 8:15 AM Aaron/Ballroom/All		Barre/Yoga Fusion 7:15 AM – 8:15 AM Aaron/Ballroom/All	
					Power Circuit 8:30 AM – 9:30 AM MJ/All		
9:00am			Interval/Low Impact 9:00- 9:45 AM Wendell/ Ballroom/ All	Cardio Interval 9:00- 10:00 AM Wendell/ Ballroom/ All		Cardio Kickboxing 9:00- 10:00 AM Wendell/ Ballroom/ All	Spinning 9:00- 10:00 AM MJ/SpinRm/All
	Quick Flow 9:45 PM – 10:45 PM Caroline/Ballroom/All	Barre/Yoga Fusion 9:45 AM – 10:45 AM Aaron/Ballroom/All					
10:00 am	HIIT Spin 10:00 – 11:00 AM MJ/Spin Rm/Int, Adv		Yoga 10:00 - 11:15 AM Elaine/Ballroom/All		Yoga 10:00 AM – 10:50 AM Elaine/Ballroom/ All		
11:00 am 11:30 am	Zumbal/Cardio Dance 11:00 am - 12:00 PM Claudia/ Ballroom/All	TAI CHI 11:00 AM – 12:00 PM Sam/All			TAI CHI 11:00 AM – 12:00 PM Sam/All		Yoga 10:30 - 11:45 AM Elaine/Ballroom/All
12:00 pm 1:00pm 1:30pm							Pilates Mat 12:00 - 1:00 PM Jessica/All
		PilatesXpress 12:15 - 1:00 PM Jessica/All	FlowYoga 12:00 - 1:15 PM Michael/ Ballrm/ Levelll				Boot Camp 1:30 - 2:30 PM Wendell/ Ballroom/ All
		Cardio Interval 1:30 - 2:30 PM Wendell/ Ballroom/ All		Cardio Interval 1:30 - 2:30 PM Wendell/ Ballroom/ All	Cardio Cross Training 1:30 - 2:30 PM Wendell/ Ballroom/ All		Karate 2:45 – 3:45 PM Doug/All
4:15pm 4:30pm		Hip Hop Cardio 4:30-5:30 PM Shanda			Pilates Mat 4:15 – 5:15 PM Christine/All		
5:30pm 5:45 pm 6:00pm		Boxercise 5:30 - 7:00p PM Jose/Boxing/All	Mini BootCamp 5:30 - 6:15 PM Tony/ Ballroom/ All	Flow & Restore Yoga 5:30 PM – 6:45PM Caroline/ Roof/ All	Boxercise 5:30 - 7:00 PM Jose/Boxing/All	FlowYoga 5:30 – 6:30 PM Laura/Ballroom/All	
		Step Challenge 5:45 - 6:30 PM Tony/ Ballroom/ All		SprintStepThree 5:30 - 6:15 PM Tony/ Ballroom/ All			
		Yoga On Wall 5:30 PM - 6:30 PM Elaine/Roof/All	Pilates Mat 6:00 - 7:00 PM Jessica/ All				
			HIIT Spin 6:00 - 7:00 PM MJ/Spin Room/All		Dance Spin 6:00 - 7:00 PM Jenn/ Spin Room/All		
6:30pm 6:45pm 7:00 pm		Hard Bodies 6:30 - 7:15 PM Tony/ Ballroom/ All		Yoga 6:20 - 7:15 PM Elaine/ Ballroom/ All	Salsa 7:00 PM – 8:00 PM Peter and Tina/All		
		Yoga On Wall 6:30 PM – 7:30 PM Elaine/Roof/All	FlowYoga 6:30 – 7:30 PM Laura/Ballroom/II				
		Karate 7:20 – 8:20 PM Doug/All		Fencing 7:20 – 8:20 PM John/Ballroom/ All			Updated 7/27/20

Live Stream Classes are available on the Facebook Group Page: NOAC Live on Facebook Live

## NOAC Schedule by Class Type

	Day	Time	Class	Studio	Instructor	Live Stream
YOGA / YOGA	Monday	7:30-8:30 AM	Flow Yoga	Ballroom	Catherine	✓
	Monday	9:45-10:45 AM	Barre/Yoga Fusion	Ballroom	Aaron	✓
	Monday	5:30-6:30 PM	Yoga on Wall	Roof	Elaine	
	Monday	6:30-7:30 PM	Yoga on Wall	Roof	Elaine	
	Tuesday	10:00-11:00 AM	Yoga	Ballroom	Elaine	
	Tuesday	Noon-1:00 PM	Flow Yoga	Ballroom	Michael	✓
	Tuesday	6:30-7:30 PM	Flow Yoga	Ballroom	Laura	✓
	Wednesday	7:15-8:15 AM	Barre/Yoga Fusion	Ballroom	Aaron	✓
	Wednesday	5:30-6:45 PM	Flow & Restore	Roof	Caroline	
	Wednesday	6:20-7:15 PM	Yoga	Ballroom	Elaine	
	Thursday	10:00-10:50 AM	Yoga	Ballroom	Elaine	
	Friday	7:15-8:15 AM	Barre/Yoga Fusion	Ballroom	Aaron	✓
	Friday	5:30-6:30 PM	Flow Yoga	Ballroom	Laura	✓
	Saturday	10:30-11:45 AM	Yoga	Ballroom	Elaine	
Sunday	9:45-10:45 AM	Quick Flow	Ballroom	Caroline	✓	

	Day	Time	Class	Studio	Instructor	Live Stream	
CARDIO / DANCE / STRETCHING	Monday	1:30-2:30 PM	Cardio Interval	Ballroom	Wendell	✓	
	Monday	5:45-6:30 PM	Step Challenge	Ballroom	Tony		
	Monday	6:30-7:15 AM	Hard Bodies	Ballroom	Tony		
	Tuesday	9:00-9:45 AM	Interval/Low Impact	Ballroom	Wendell		
	Tuesday	5:30-6:15 PM	Mini Boot Camp	Ballroom	Tony		
	Wednesday	9:00-10:00 AM	Cardio Interval	Ballroom	Wendell	✓	
	Wednesday	1:30-2:30 PM	Cardio Interval	Ballroom	Wendell		
	Wednesday	5:30-6:15 PM	Sprint Step Three	Ballroom	Tony		
	Thursday	8:30-9:30 AM	Power Circuit		Live Stream Only	MJ	✓
	Thursday	1:30-2:30 PM	Cardio Cross Training	Ballroom	Wendell		
	Thursday	7:00-8:00 PM	Salsa		Live Stream Only	Peter/Tina	✓
	Friday	9:00-10:00 AM	Cardio Kickboxing	Ballroom	Wendell		
	Saturday	1:30-2:30 PM	Boot Camp	Ballroom	Wendell	✓	
	Sunday	11:00-12:00 PM	Zumba/Cardio Dance	Ballroom	Claudia		

	Day	Time	Class	Studio	Instructor	Live Stream
PILATES	Monday	12:15-1:00 PM	Pilates	Live Stream Only	Jessica	✓
	Tuesday	6:00-7:00 PM	Pilates	Live Stream Only	Jessica	✓
	Thursday	4:15-5:15 PM	Pilates	Live Stream Only	Christine	✓
	Saturday	Noon-1:00 PM	Pilates	Live Stream Only	Jessica	✓

	Day	Time	Class	Studio	Instructor	Live Stream
SPIN	Tuesday	6:00-7:00 PM	HIIT Spin	Spin	MJ	
	Thursday	6:00-7:00 PM	Dance Spin	Spin	Jenn	
	Saturday	9:00-10:00 AM	Spin	Spin	MJ	
	Sunday	10:00-11:00 AM	HIIT Spin	Spin	MJ	

	Day	Time	Class	Studio	Instructor	Live Stream
TAI CHI	Monday	11:00-Noon	Tai Chi	Live Stream Only	Sam	✓
	Thursday	11:00-Noon	Tai Chi	Live Stream Only	Sam	✓

	Day	Time	Class	Studio	Instructor	Live Stream
KARATE	Monday	7:20-8:20 PM	Karate	Live Stream Only	Doug	✓
	Thursday	2:45-3:45 PM	Karate	Live Stream Only	Doug	✓

	Day	Time	Class	Studio	Instructor	Live Stream
BOXERCISE	Monday	5:30-7:00 PM	Boxercise	Boxing Area	Jose	
	Thursday	5:30-7:00 PM	Boxercise	Boxing Area	Jose	

	Day	Time	Class	Studio	Instructor	Live Stream
FENCING	Wednesday	7:20-8:20 PM	Fencing	Ballroom	John	