

# Group Exercise

UPDATED May 12, 2021 **MORE CLASSES COMING SOON!**

**WORLD  
GYM**  
*Palm Springs*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30am</b>		6:30 - 7:30 <b>Spinning</b> <i>with Vinnie</i>		6:30 - 7:30 <b>Spinning</b> <i>with Vinnie</i>			
<b>7:00am</b>							
<b>7:30am</b>		7:30 - 8:00 <b>Abs</b> <i>with Vinnie</i>		7:30 - 8:00 <b>Abs</b> <i>with Vinnie</i>			
<b>8:00am</b>							
<b>8:30am</b>	8:30 - 9:30 <b>SilverSneakers</b> <i>with Emil</i> <small>Meets in SilverSneakers Studio!</small>		8:30 - 9:30 <b>SilverSneakers</b> <i>with Emil</i> <small>Meets in SilverSneakers Studio!</small>				
<b>9:00am</b>						9:00-10:00 <b>Spinning</b> <i>with Chris</i>	9:00 - 10:00 <b>Spinning</b> <i>with Vinnie</i>
<b>10:00am</b>						10:00-11:00 <b>Yoga</b> <i>with Tony</i>	
<b>10:30am</b>							
<b>11:00am</b>	11:00 - 12:00 <b>The Harris Method</b> <i>with Ian Harris</i>	11:00 - 12:00 <b>The Harris Method</b> <i>with Ian Harris</i>	11:00 - 12:00 <b>The Harris Method</b> <i>with Ian Harris</i>	11:00 - 12:00 <b>The Harris Method</b> <i>with Ian Harris</i>			
<b>12 noon</b>		12:00 - 1:00 <b>Spinning</b> <i>with Vinnie</i>			12:00 - 1:00 <b>Spinning</b> <i>with Vinnie</i>		
<b>4:30pm</b>							
<b>5:00pm</b>							
<b>5:30pm</b>				5:30 - 6:30 <b>Flagging</b> <i>with David</i>			
<b>6:30pm</b>	6:30-7:30 <b>Spinning</b> <i>with Chris</i>						

**GET THE CURRENT SCHEDULE ONLINE: [WorldGymPalmSprings.com](http://WorldGymPalmSprings.com)**

SEE BACK OF THIS SHEET FOR CLASS DESCRIPTIONS. SCHEDULE MAY BE SUBJECT TO CHANGE, SUBSTITUTION OR CANCELLATION WITHOUT NOTICE.