

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM LES MILLS BODYPUMP Shannon	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Cadi	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Shannon	8:15 AM SPIN 1-Shannon, 8-Shannon, 15-Sheila, 22-Sheila, 29-Shannon
8:30 AM LES MILLS BODYPUMP Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM LES MILLS RPM Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM SPIN Shannon	9:00 AM LES MILLS BODYPUMP 1-Shannon, 8-Ashley, 15-Cadi, 22-Katherine, 29-Shannon
4:30 PM SPIN Taylor	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYPUMP Remelyn	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYCOMBAT Cadi	10:00 AM CARDIO 1-GRIT/Katherine, 8-Attack/Carrie, 15-Flow/Richelle, 22-Zumba/Shannon, 29-HIIT/Holly
5:30 PM POUND™ Paula	4:30 PM ZUMBA Tajuana	9:30 AM PiYo Remelyn	4:30 PM LES MILLS BODYPUMP Tajuana	5:30 PM SPIN Sheila	
6:30 PM LES MILLS BODYATTACK Carrie	5:30 PM R.I.P.P.E.D Bridgett	4:30 PM LES MILLS BODYCOMBAT Carrie	5:30 PM ZUMBA Tajuana		
7:15 PM LES MILLS BODYPUMP Katherine	6:30 PM UNDO & RENEW Robin	5:30 PM LES MILLS BODYPUMP Carrie	6:30 PM POUND Paula		
		6:30 PM STRONG^{by Zumba} Tomoko	7:30 PM SPIN Sheila		
					SUNDAY
					3:00 PM STRENGTH & CARDIO 2-Attack/Ashley, 9-Pound/Paula, 16-RIPPED/Bridgett, 23-GRIT/Katherine, 30-Pump/Crissy
					4:00 PM YOGA/STRETCH 2-Tricia, Flow/Crissy, 16-Robin, 23-Tricia, 30-Tricia

DECEMBER 2018

HOLIDAYS

- 12/24—No afternoon/evening classes
- 12/25—Merry Christmas! No classes
- 12/26—No early morning classes

