

MONDAY

5:00 AM
BODYPUMP
Kacy

8:15 AM
GRIT – STRENGTH
Lauren

8:45 AM
SPIN
Laurie

9:30 AM
YOGA
Laura

4:30-5:10 PM
OFF THE BARRE
Melanie

5:15-5:55 PM
BODYATTACK EXPRESS
Ashley

6:00 –6:45 PM
BODYPUMP EXPRESS
Ashley

TUESDAY

5:00 AM
SPIN
Cindy

8:15 AM
BODYPUMP
Christy

9:15 AM
BODYATTACK
Amy

4:30 PM
YOGA
Laurie

5:30 PM
GRIT
Ashley

6:00 PM
ZUMBA
Emily

WEDNESDAY

5:00 AM
BODYCOMBAT
Jamie

8:15 –8:45 AM
GRIT—PLYO
Amy/Lauren

8:45-9:25 AM
STEP EXPRESS
Christy

9:30 AM
YOGA
Stacey

5:00 PM
BODYCOMBAT
Erin/Ashley

6:00 PM
BUTI YOGA
Emery

THURSDAY

5:00 AM
BODYPUMP
Kristen/Amy

7:45 AM
SPIN (30 Minutes)
Lauren

8:15 AM
BODYPUMP
Christy

5:00 PM
GRIT
Erin

5:30 PM
Spin (30 Minutes)
Erin

5:30 PM
OFF THE BARRE
Melanie

FRIDAY

5:00 AM
SPIN
Emily

8:15-8:45 AM
GRIT— CARDIO
Amy

8:45-9:25 AM
BODYCOMBAT EXPRESS
Jamie

9:30 AM
YOGA
Laura

SATURDAY

8:15 AM
SPIN
Erin

9:00 AM
BODY PUMP
Erin

SUNDAY

3:00 PM— ROTATION
2nd— Heated Yoga
Laurie

9th— Buti Yoga
Emery

16th—Heated Yoga
Stacey

23rd—Piyo
Minerva

30th—Heated Yoga
Erin

December 2018