



Hernando

MONDAY

5:00 AM
Pure Strength
Kristen

8:15 AM
GRIT – STRENGTH
Lauren

8:45 AM
SPIN
Laurie

9:30 AM
YOGA
Laura

4:30 PM
OFF THE BARRE
Melanie

5:15 PM
BODYCOMBAT EXPRESS
Erin/Ashley

6:00 PM
BODYPUMP EXPRESS
Erin/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
Spin (30 Minutes)
Instructor Rotation

6:00 PM
GRIT-CARDIO/PLYO
Erin/Ashley

WEDNESDAY

5:00 AM
BODYCOMBAT
Jamie

8:15 AM
GRIT—PLYO
Amy/Lauren

8:45 AM
STEP EXPRESS
Christy

9:30 AM
YOGA
Stacey

4:30 PM
ZUMBA
Emily

5:30 PM
GRIT -STRENGTH
Erin/Ashley

6:00 PM
BUTI YOGA
Emery

THURSDAY

5:00 AM
Pure Strength
Cindy

7:45 AM
SPIN (30 Minutes)
Lauren

8:15 AM
BODYPUMP
Christy

4:30 PM
BODYATTACK
Ashley

5:30 PM
OFF THE BARRE
Melanie

FRIDAY

5:00 AM
SPIN
Emily

8:15 AM
GRIT— CARDIO
Amy

8:45 AM
BODYCOMBAT EXPRESS
Jamie

9:30 AM
YOGA
Laura

SATURDAY

8:15 AM
SPIN
Erin

9:00 AM
BODY PUMP
Erin/Ashley

SUNDAY

3:00 PM– ROTATION
4th
Stacey

14th
Piyo
Minerva

18th
Piyo
Minerva

25th
Hot Yoga
Laurie

November 2018