

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 2-RPM/Kelly, 9-Sheila, 16-Sheila, 23-Bridgette
8:30 AM LES MILLS BODYPUMP Cadi	6:00 AM SUNRISE YOGA Chris	5:45 AM LES MILLS CXWORX Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM SPIN Shannon	9:00 AM LES MILLS BODYPUMP 2-Paula, 9-Katherine, 16-Ashley, 23-Katherine
4:30 PM SPIN Taylor	8:30 AM ZUMBA Gaby	6:15 AM LES MILLS RPM Cadi	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYCOMBAT Cadi	10:00 AM CARDIO 2-Zumba/Gaby, 9-Combat/Tajuana, 16-Attack/Carrie, 23-Combat/Carrie
5:30 PM POUND™ Paula	4:30 PM ZUMBA Tajuana	8:30 AM LES MILLS BODYPUMP 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	9:30 AM PiYo Remelyn	5:30 PM ZUMBA Tajuana		
7:15 PM LES MILLS BODYPUMP Katherine	6:30 PM YOGA Amanda	4:30 PM LES MILLS BODYCOMBAT Carrie	6:30 PM POUND Paula		
	7:30 PM SPIN Sheila	5:30 PM LES MILLS BODYPUMP Carrie	7:00 PM LES MILLS CXWORX Paula		
			7:30 PM SPIN Shannon		
					SUNDAY
					3:00 PM STRENGTH & CARDIO 3-Pump/Spin/ Shannon, 10-Spin/ Sheila, 17-Pound/ CXWORX/Paula, 24-Zumba/Tajuana
					4:00 PM YOGA/STRETCH 3-Flow/Crissy 10-Tricia, 17-Flow/Crissy, 24-Tricia

FEBRUARY 2019