

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-NO CLASS, 16-Sheila, 23-Sheila, 30-RPM/Cadi
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-Carrie, 9-NO CLASS, 16-Katherine, 23-Ashley, 30-Cadi
9:30 AM LES MILLS RPM Cadi	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 2-Zumba/Gaby, 9-NO CLASS, 16-Attack/Ashley, 23-Zumba/Remelyn, 30-Zumba/Lauren
4:30 PM SPIN Taylor	4:30 PM ZUMBA Tajuana	9:30 AM PiYo Remelyn	4:30 PM LES MILLS BODYPUMP Tajuana	5:30 PM SPIN Sheila	
5:30 PM POUND™ Paula	5:30 PM R.I.P.P.E.D Bridgett	4:30 PM LES MILLS BODYPUMP Carrie	5:30 PM ZUMBA Tajuana		
6:30 PM LES MILLS BODYATTACK Carrie	6:30 PM YOGA Amanda	5:30 PM LES MILLS BODYCOMBAT Carrie	6:30 PM POUND Paula		
7:15 PM LES MILLS BODYPUMP Katherine	7:30 PM SPIN Sheila		7:00 PM LES MILLS CXWORX Paula		
			7:30 PM SPIN Shannon		
					SUNDAY
					3:00 PM STRENGTH & CARDIO 3-Pound/CXWORX/Paula, 10-Zumba/Remelyn, 17-RPM/CXWORX/Kelly, 24-Zumba/Lauren, 31-Spin/Pump-/Sheila
					4:00 PM YOGA/STRETCH 3-Flow/Crissy 10-Tricia, 17-Flow/Crissy, 24-Amanda, 31-Flow/Crissy

MARCH 2019