

# ABC SPORTS & FITNESS

## GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am-6:30am <b>JOLT</b> <i>Jill</i> STUDIO #1	5:45am-6:30am <b>SPIN</b> <i>Mandi</i> STUDIO #2	5:45am-6:30am <b>ABC</b> <i>Mandi</i> STUDIO #2	5:45am-6:30am <b>Chisel</b> <i>Mandi</i> STUDIO #1	5:45am-6:30am <b>HIIT</b> <i>Jill</i> STUDIO #1	7:15am-8:00am <b>Rep N' Recover</b> <i>Toni</i> STUDIO #1
		8am-8:45am <b>SCULPT</b> <i>Alaina</i> STUDIO #1	8:30am-8:55am <b>SPIN</b> <i>Mary</i> STUDIO #2		6:00am-6:45am <b>Video SPIN/Row</b> <i>Chris</i> STUDIO #2	8:30am-9:15am <b>SPIN</b> <i>Bridgette</i> STUDIO #2
9:00 am-9:45am <b>Boot Camp</b> <i>Tracy</i> STUDIO #1	9:00am-9:45am <b>SPIN</b> <i>Mary</i> STUDIO #2	9:00am-10:00am <b>Zumba</b> <i>Chrissy</i> STUDIO #1	9am-9:30am <b>SCULPT</b> <i>Mary</i> STUDIO #2	9:00am-9:45am <b>Cycle Flow</b> <i>Heather</i> STUDIO #2	9:15am-10am <b>Chisel</b> <i>Alaina</i> STUDIO #1	9:30am-10:30am <b>Pilates</b> <i>Jackie</i> STUDIO #1
10:00 am-11:00am <b>Vinyasa Yoga</b> <i>Tricia</i> STUDIO #1			9:45am-10:30am <b>Silver Sneakers</b> <i>Mary</i> STUDIO #1			
	10:45am-11:30am <b>Silver Sneakers</b> <i>Chrissy</i> STUDIO #1				10:45am-11:30am <b>Silver Sneakers</b> <i>Brian</i> STUDIO #1	
	5:30pm-6:20pm <b>Zumba</b> <i>Connie</i> STUDIO #1	5:15pm-6:00pm <b>ABC</b> <i>Toni</i> STUDIO #2	5:30pm-6:20pm <b>HIIT</b> <i>Connie</i> STUDIO #1	5:30pm-6:15pm <b>Tabata</b> <i>Tricia</i> STUDIO #1		
	6:00pm-6:45pm <b>Video SPIN/Row</b> <i>Chris</i> STUDIO #2	6:15pm-7:00pm <b>Healthy Heroes</b> <i>Toni</i> STUDIO #2	5:30pm-6:30pm <b>SPIN</b> <i>Bridgette</i> STUDIO #2	6:20pm-7:20pm <b>Vinyasa Yoga</b> <i>Tricia</i> STUDIO #1		
	6:30pm-7:15pm <b>Kickboxing</b> <i>Connie</i> STUDIO #1	6:15pm-7:15pm <b>REP 60</b> <i>Tracy</i> STUDIO #1	6:30pm-7:30pm <b>Zumba</b> <i>Connie</i> STUDIO #1			