



GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45am-6:30am Spin N' Sculpt <i>Mandi</i>	5:45am-6:30am ABC <i>Karen/Debbie</i>	5:45am-6:30am ABC <i>Mandi</i>	5:45am-6:30am Video Ride N' Row <i>Chris</i>	
	6:00am-6:45am Body Pump <i>Karen</i>	6:00am-6:45am HIIT <i>Karen</i>	6:00am-6:45am Boot Camp <i>Haylie</i>	6:00am-6:45am Step Strength <i>Karen</i>	6:00am-6:45am Chisel <i>Haylie</i>	8:00am-8:55am Body Pump <i>Toni</i>
8:30am-9:15am Spin <i>Instructor Rotation</i>	8:30am-9:15am Spin <i>Mary</i>	8:45am-9:25am Tone N' Core <i>Heather</i>	8:45am-9:15am Spin X'Press <i>Mary</i>	8:45am-9:30am Pilates Strength <i>Heather</i>	8:30am-9:15am Spin <i>Debbie</i>	8:15am-9:00am Spin <i>Bridgette/Connie</i>
8:45am-10:00am Tabata <i>Debbie</i>	9:30am-10:30am X-Training <i>Mary</i>	9:30am-10:30am Zumba <i>Chrissy</i>	9:30am-10:30am Body Pump <i>Mary</i>	9:30am-10:30am HIIT <i>Debbie</i>	9:30am-10:30am Boot Camp <i>Mary</i>	9:00am-9:55am HIIT <i>Selena</i>
10am-11am Vinyassa Yoga <i>Tricia</i>	10:45am-11:30am Silver Sneakers Classic <i>Chrissy</i>	9:30am-10:00am Meditative-Weight Training <i>Heather</i>	10:45am-11:30am Silver Sneakers Classic <i>Mary</i>	10:45am-11:30am Zumba <i>Alicia</i>	10:45am-11:30am Silver Sneakers Classic <i>Brian</i>	10:00am-10:55am Power Pilates <i>Jackie</i>
		10:45am-11:30am Zumba Gold <i>Chrissy</i>				
	4:30pm-5:25pm Body Bar <i>Debbie</i>	4:30pm-5:25pm 4x4 <i>Jackie</i>			4:15pm-5:00pm Gentle Yoga <i>Tricia</i>	
	5:30pm-6:15pm Spin <i>Debbie</i>	5:30pm-6:15pm ABC <i>Toni</i>	5:30pm-6:20pm Kickboxing <i>Connie</i>	5:30pm-6:25pm Body Pump <i>Toni</i>	5:00pm-5:45pm ABC <i>Tracy</i>	
	5:30pm-6:25pm Zumba <i>Connie</i>	5:30pm-6:25pm HIIT <i>Selena</i>	5:45pm-6:30pm Spin <i>Bridgette</i>			
	6:30pm-7:15pm Body Works <i>Connie</i>	6:30pm-7:15pm Body Pump <i>Toni</i>	6:30pm-7:15pm Zumba <i>Connie</i>	6:30pm-7:15pm Pilates <i>Haylie</i>		
			6:30pm-7:30pm Power Yoga <i>Kathy</i>			