

ABC SPORTS & FITNESS

GROUP FITNESS SCHEDULE

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