

ABC SPORTS & FITNESS

GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am-6:45am HIIT <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	6:00am-6:45am Video SPIN/Row <i>Chris</i> STUDIO #2	7:15am-7:45am Tone with Toni <i>Toni</i> STUDIO #1
			8:30am-9:30am SPIN N' SCULPT <i>Mary</i> STUDIO #2		7:00am-7:45am HIIT <i>Trish A</i> STUDIO #1	8:00am-9:00am REP 60 <i>Toni</i> STUDIO #1
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				8:30am-9:15am SPIN <i>Bridgette</i> STUDIO #2
10:00 am-11:00am Vinyasa Yoga <i>Tricia</i> STUDIO #1			9:45am-10:30am Silver Sneakers <i>Mary</i> STUDIO #1			9:30am-10:30am Pilates <i>Jackie</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	5:15pm-6:00pm Zumba STRONG <i>Trish A</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	6:05pm-7:00pm 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			