

ABC SPORTS & FITNESS

GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am-6:30am HIIT <i>Gabby</i> STUDIO #1	5:45am-6:30am CHISEL <i>Andrea</i> STUDIO #1	5:45am-6:30am KICKBOXING/CORE <i>Gabby</i> STUDIO #1	5:30am-6:30am POWER PILATES <i>Andrea</i> STUDIO #1	5:45am-6:30am HIIT <i>Gabby</i> STUDIO #1	
				5:45am-6:30am VIDEO SPIN/ROW <i>Chris</i> STUDIO #2		
8:30am-9:15am BOOT CAMP <i>Tracy</i> STUDIO #1		8:00am-8:45am CHISEL <i>Bridgette</i> STUDIO #1	8:30am-8:55am SPIN <i>Mary</i> STUDIO #2			8:00am-9:00am STRENGTH CIRCUIT <i>Gabby</i> STUDIO #1
9:30am-10:30am VINYASA YOGA <i>Tricia</i> STUDIO #1	9:00am-9:45am SPIN <i>Mary</i> STUDIO #2	9:00am-9:45am ZUMBA <i>Chrissy</i> STUDIO #1	9:00am-9:30am CHISEL <i>Mary</i> STUDIO #1	9:00am-9:45am FLOWATES <i>Alaina</i> STUDIO #2	9:00am-9:45am CHISEL <i>Alaina</i> STUDIO #1	8:30am-9:15am SPIN <i>Bridgette</i> STUDIO #2
			9:45am-10:30am SENIOR FITNESS <i>Mary</i> STUDIO #1			9:30am-10:30am PILATES <i>Jackie</i> STUDIO #1
	10:45am-11:30am SENIOR FITNESS <i>Chrissy</i> STUDIO #1	10:45am-11:30am SENIOR FITNESS <i>Brian</i> STUDIO #1			10:45am-11:30am SENIOR FITNESS <i>Brian</i> STUDIO #1	
	5:30pm-6:20pm ZUMBA <i>Connie</i> STUDIO #1	5:15pm-6:00pm REP 45 <i>Toni</i> STUDIO #1	5:30pm-6:20pm HIIT <i>Connie</i> STUDIO #1	5:30pm-6:15pm TABATA <i>Tricia</i> STUDIO #1	5:30pm-6:15pm PILATES+ <i>Gabby</i> STUDIO #1	
	5:45pm-6:30pm SPIN <i>Bridget</i> STUDIO #2	6:15pm-7:00pm HIIT <i>Tricia</i> STUDIO #1	6:00pm-6:45pm VIDEOS SPIN/ROW <i>Chris</i> STUDIO #2	6:30pm-7:25pm VINYASA YOGA <i>Tricia</i> STUDIO #1		
	6:30pm-7:15pm CROSS TRAINING <i>Connie</i> STUDIO #1		6:30pm-7:15pm ZUMBA <i>Connie</i> STUDIO #1			