

ABC SPORTS & FITNESS

GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am-6:30am HIIT <i>Jill</i> STUDIO #1	5:45am-6:30am ABC <i>Mandi</i> STUDIO #2	5:45am-6:30am KICKBOXING/CORE <i>Gabby</i> STUDIO #1	5:45am-6:30am VIDEO SPIN/ROW <i>Chris</i> STUDIO #2	5:45am-6:30am HIIT <i>Jill</i> STUDIO #1	7:15am-8:00am REP 45 <i>Toni</i> STUDIO #1
		8:00am-8:45am CHISEL <i>Bridgette</i> STUDIO #1	8:30am-8:55am SPIN <i>Mary</i> STUDIO #2	8:30am-8:55am SPIN <i>Heather</i> STUDIO #2		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	9:30am-10:15am ZUMBA <i>Chrissy</i> STUDIO #1	9:00am-9:30am CHISEL <i>Mary</i> STUDIO #1	9:00am-9:45am PILATES <i>Heather</i> STUDIO #2	9:00am-9:45am CHISEL <i>Alaina</i> STUDIO #1	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			10:45am-11:30am SILVER SNEAKERS <i>Brian</i> STUDIO #1	
	5:30pm-6:20pm ZUMBA <i>Connie</i> STUDIO #1	5:15pm-6:00pm ABC <i>Toni</i> STUDIO #2	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	6:15pm-7:00pm REP 45 <i>Tracy</i> STUDIO #1	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		6:30pm-7:30pm ZUMBA <i>Connie</i> STUDIO #1			