

# ABC SPORTS & FITNESS

## GROUP FITNESS SCHEDULE

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