

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 | 5:45am-6:30am VIDEO SPIN/ROW <i>Chris</i> STUDIO #2 | 5:45am-6:30am HIIT <i>Gabby</i> STUDIO #1 | |
| 7:30am-8:30am RIDE N'RECOVER <i>Toni</i> STUDIO #2 | | 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 |
| 8:30am-9:15am BOOT CAMP <i>Tracy</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 #1 | 9:00am-9:45am CHISEL <i>Alaina</i> STUDIO #1 | 8:30am-9:15am SPIN <i>Bridgette</i> STUDIO #2 |
| 9:30am-10:30am VINYASA YOGA <i>Tricia</i> STUDIO #1 | | | 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 STRENGTH <i>Gabby</i> STUDIO #1 | |
| | 6:00pm-6:45pm VIDEO SPIN/ROW <i>Chris</i> STUDIO #2 | 6:15pm-7:00pm TABATA <i>Tracy</i> STUDIO #1 | 5:30pm-6:15pm SPIN <i>Bridgette</i> STUDIO #2 | 6:20pm-7:20pm 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 | | | |