

WEEKLY SCHEDULE

group fitness classes

TIME	MONDAY 9/22	TUESDAY 9/23	WEDNESDAY 9/24	THURSDAY 9/25	FRIDAY 9/26	SATURDAY 9/27	SUNDAY 9/28
6:15 AM			CYCLE Denise	CYCLE Denise			
7:15 AM		LIIT Sandy					
7:45 AM	TRX BLAST Denise		TRX BLAST Sandy		CYCLE STRENGTH Denise	CYCLE Kristen	
9:00 AM	CORE/BALANCE & FLEXIBILITY Lourdes	CORE/BALANCE & FLEXIBILITY Pandora	ZUMBA Lupe	CORE/BALANCE & FLEXIBILITY Lourdes	STRENGTH CONDITIONING Frank	SPORTS CONDITIONING Kelly	
10:10 AM	CARDIO STRENGTH Pandora	CARDIO STRENGTH Kris	CARDIO STRENGTH Kelly	STRENGTH CONDITIONING Frank	STRENGTH CONDITIONING Frank	YOGA Molly	YOGA Dolores
11:15 AM*	GENTLE YOGA Barbara	55+ FITNESS Kris	YOGA Molly	55+ FITNESS Frank	GENTLE YOGA Amy		
12:30 PM		ADVANCED YOGA Amy					
5:30 PM	ADVANCED YOGA Amy	YOGA Heather					

*11:15 AM CLASS MONDAY - FRIDAY OFFERS A 55+ DROP-IN RATE!

→ ANY INSTRUCTOR SUBSTITUTIONS WILL BE POSTED AS SOON AS POSSIBLE