

# GROUP FITNESS SCHEDULE

## MONDAY

5:30AM  
**BODYPUMP**  
KARA

9:30AM  
**HIIT SPIN**  
JULIE

9:30AM - WC  
**BODYFLOW**  
LORI

4:30PM - WC  
**FIT BARRE**  
PAM

4:30PM  
**P90X**  
JENAE

5:00PM  
**TABATA**  
KARA

5:30PM  
**BODYCOMBAT**  
CAMILLE

5:35PM - WC  
**PIYO**  
PAM

6:00PM  
**POUND**  
DONNA

STARTS DEC 11 - 6:35PM - WC  
**RESTORATIVE YOGA**  
ALYX

## TUESDAY

5:30AM  
**RPM**  
IVAN

9:30AM  
**BODYPUMP**  
CASSIDY

9:30AM - WC  
**BEYOND BARRE**  
JENNI

10:30AM  
**DANCE FITNESS**  
AMINA

11:30AM  
**LIGHT CIRCUIT**  
TANYA

4:30PM  
**BODYSTEP**  
JENNIFER

5:30PM  
**BODYPUMP**  
LORI

5:45PM  
**RPM**  
MELISSA

6:00PM - WC  
**YOGA**  
LESLIE

## WEDNESDAY

5:30AM  
**BODYPUMP**  
MELISSA

9:30AM  
**TABATA**  
KARA

4:30PM - WC  
**FIT BARRE**  
PAM

4:30PM  
**TRX CORE**  
DANIELLE

5:00PM  
**P90X**  
JANAE

5:30PM  
**JKP**  
KARINA

5:35PM - WC  
**PIYO**  
PAM

6:00PM  
**POUND**  
DONNA

6:35PM - WC  
**BODYFLOW**  
CASSIDY

## THURSDAY

5:30AM  
**RPM**  
IVAN

5:30AM  
**TABATA**  
KARA

9:30AM  
**BODYPUMP**  
CAMILLE

STARTS DEC 14 - 9:30AM - WC  
**VINYASA YOGA**  
ALYX

4:30PM  
**BODYSTEP**  
KARA

5:15PM - WC  
**YOGA**  
LESLIE

5:30PM  
**BODYPUMP**  
CASSIDY

5:30PM  
**RPM**  
JULIE

## FRIDAY

5:30AM  
**RPM**  
MELISSA

8:30AM  
**TRX**  
KARA

9:30AM  
**BODYCOMBAT**  
CAMILLE

9:30AM  
**RPM**  
LEORA

## SATURDAY

8:00AM  
**RPM**  
IVAN

8:30AM - WC  
**BODYFLOW**  
CASSIDY

8:15AM  
**TABATA**  
KARA

9:30AM  
**BODYPUMP**  
DAVID

## SUNDAY

STARTS DEC 17 - 3:00PM - WC  
**CANDLE LIGHT YOGA**  
ALYX



Connect  
With Us!



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