

GROUP FITNESS SCHEDULE

MONDAY

5:30AM
BODYPUMP
KARA

9:30AM
BODY FLOW
LORI

9:30AM- 10:15AM
HIIT SPIN
JULIE

4:30PM
FIT BARRE
PAM (WOMEN'S CENTER)

5:30PM
BODYCOMBAT
CAMILLE

TUESDAY

5:30AM
RPM
IVAN

9:30AM
RPM
LEORA

9:30AM
BODYPUMP
CASSIDY

9:30AM
BEYOND BARRE
ALISON (WOMEN'S CENTER)

10:30AM
DANCE FITNESS
AMINA

4:30PM
BODYSTEP
JENNIFER

5:30PM
BODYPUMP
LORI

5:45PM
RPM
MELISSA

6:00PM
YOGA
LESLIE (WOMEN'S CENTER)

WEDNESDAY

5:30AM
BODYPUMP
MELISSA

9:30AM
TABATA
KARA

4:30PM
FIT BARRE
PAM (WOMEN'S CENTER)

5:30PM -5:45PM
ABS EXPRESS
CASSIDY

5:45PM
R.I.P.P.E.D.
CASSIDY

THURSDAY

5:30AM
RPM
IVAN

5:30AM
TABATA
KARA

9:30AM
BODYPUMP
CAMILLE

9:30AM
BEYOND BARRE
ALISON (WOMEN'S CENTER)

4:30PM
BODYSTEP
KARA

5:30PM
BODYPUMP
CASSIDY

5:30PM
RPM
LORI

FRIDAY

8:30AM-9:15AM
TRX
KARA

9:30AM
BODYCOMBAT
CAMILLE

SATURDAY

8:00AM
RPM
IVAN

8:15AM
TABATA
KARA

9:15AM
BODY FLOW
CASSIDY

9:20AM
BODYPUMP
DAVID

*Connect
With Us!*



509.467.3488
110 W PRICE AVE

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