

GROUP FITNESS SCHEDULE

MONDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
LISA H

5:30PM
ZUMBA
JAMIE

5:30PM
CYCLING
JULIE

5:30PM
BEGINNER YOGA
LINDSEY

6:30PM
TOTALCORE X
JULIE

6:45PM
TRX
DOMINIQUE

6:45PM
YOGA
LINDSEY

TUESDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

8:30AM
HIIT30
JULIE

9:05AM
BARRE EXPRESS
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

5:30PM
BODYPUMP
LISA K / KRIS

6:45PM
POUND
JESSICA

*Connect
With Us!*



WEDNESDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
LISA H

5:30PM
CYCLING
JULIE

5:30PM
ZUMBA
JAMIE

6:30PM
TOTALCORE X
JULIE

6:45PM
YOGA
LINDSEY

6:45PM
TRX
DOMINIQUE

7:00PM
AQUAFIT
MJ

THURSDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

8:30AM
HIIT30
JULIE

9:05AM
BARRE EXPRESS
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

5:30PM
BARRE ABOVE
ALISON

5:30PM
BODYPUMP
LISA K / KRIS

FRIDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
LISA H

10:00AM
BEGINNER YOGA
LINDSEY

12:00PM
YOGA
LINDSEY

5:30PM
ZUMBA
JESSICA

SATURDAY

9:00AM
YOGA
LINDSEY

9:30AM
BODYPUMP
LISA K / KRIS

SUNDAY

9AM
ZUMBA
JAMIE



MON-THU

7:30 / 9 / 10 AM
4:30 / 5:30 PM

FRIDAY

7:30 / 9 / 10 AM
5:30PM

SATURDAY

9 / 10 AM



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