

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

6:30PM
TOTALCORE X
JULIE

6:45PM
TRX
DOMINIQUE

6:45PM
YOGA
LINDSEY

TUESDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
HIIT30
JULIE

10:05AM
BARRE EXPRESS
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

12:15PM
CYCLING
JULIE

5:30PM
BODYPUMP
LISA K / KRIS

5:30PM
BARRE ABOVE
PEPPER

6:45PM
POUND
JESSICA

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

6:15PM
YOGA
RINZEN

6:45PM
TRX
DOMINIQUE

THURSDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
HIIT30
JULIE

10:05AM
BARRE EXPRESS
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

12:15PM
CYCLING
JULIE

5:30PM
BARRE ABOVE
PEPPER

5:30PM
BODYPUMP
LISA K / KRIS

6:00PM
AQUAFIT
MJ

FRIDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
LISA H

10:00AM
BEGINNER YOGA
RINZEN

5:30PM
ZUMBA
JESSICA

SATURDAY

8:00AM
CYCLING
KRIS

9:00AM
YOGA
RINZEN

9:30AM
BODYPUMP
LISA K / KRIS

SUNDAY

9AM
ZUMBA
JAMIE



Connect
With Us!



509.443.4896

14210 E SPRAGUE AVE

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