

# GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	<b>LES MILLS BODYPUMP</b> Jen / Sara		<b>HIGH fitness</b> Bekah & McKenna		<b>SKILLS STRENGTH</b> Tara	
5:45 AM		<b>LES MILLS GRIT</b> GRIT Team		<b>LES MILLS GRIT</b> GRIT Team		
6:15 AM	<b>HIGH fitness</b> Kalli, Alisha, Bekah	<b>BUNS OF STEEL/STRETCH</b> 45-MIN / 15-MIN Tara / Kathy	<b>LES MILLS BODYCOMBAT</b> Emily	<b>UPPER BODY/STRETCH</b> 45-MIN / 15-MIN Summer / Kathy	<b>LES MILLS BODYSTEP</b> Summer	
8:00 AM	<b>SENIORS</b> Season		<b>SENIORS</b> Season	<b>YOGA (MAT)</b> Bryan	<b>SILVER SNEAKERS</b> Cathy	
9:00 AM	<b>45 MIN LES MILLS BODYCOMBAT</b> Sarah	<b>LES MILLS BODYSTEP</b> Sue	<b>SKILLS STRENGTH</b> Tara	<b>LES MILLS BODYATTACK</b> Marcie / Sara	<b>HIGH fitness</b> Emily & Bekah	<b>8:00 AM LES MILLS BODYJAM</b> Marcie & Sue
10:00 AM	<b>9:45 AM LES MILLS BODYPUMP</b> Emily	<b>LES MILLS CXWORX</b> Sarah	<b>HIGH fitness</b> Jill & Courtney	<b>STRETCH</b> Robin		
11:00 AM		<b>SILVER SNEAKERS</b> Yenifer		<b>YOGA (CHAIR)</b> Bryan		
6:00 PM	<b>LES MILLS BODYPUMP</b> Kyle	<b>ZUMBA</b> Yenifer / Becca	<b>LES MILLS BODYPUMP</b> Summer / Ashley	<b>YOGA</b> Ali		<b>9:00 AM HIGH fitness</b> McKenna & Courtney
7:00 PM	<b>HIGH fitness</b> Derrica & McKenna	<b>PILATES</b> Helina		<b>BARRE</b> Ali & Kalli		
7:30 PM				<b>HIGH fitness</b> Kalli & Courtney		
<b>SPIN</b>	<b>8:00 AM</b> Tara	<b>6:00 AM</b> Bob	<b>8:00 AM</b> Tara	<b>6:00 AM</b> Bob		