



Group Fitness Class Schedule

M
O
R
N
I
N
G

E
V
E
N
I
N
G

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
F.I.T. Justin 5:30-6:30 am	TRX Liz 5:30-6:15 am	Surge! Main Studio 5:30-6:30 am	TRX Ropes Justin 5:30-6:30 am	Muscle Derek 5:45-6:45 am		Broga Elizabeth 7:15-8:15 am
CUT Sue 8:30-9:30 am		Muscle Kathleen 8:30-9:30 am	Insanity Kathy 8:30-9:30 am	TRX Matt 8:15-9:00 am	Pound Brenda 8:00-9:00 am	
	Muscle Derek 9:30-10:30 am	CardioSport 9:30-10:30 am	CoreBalance Tracy 9:30-10:30 am		Adv. Bootcamp Sue 8:30-9:15 am	
Dance NRG Brenda 4:30-5:00 pm	TRX Justin 5:45-6:30 pm			TRX Helen 12:15-1:00 PM	Synergy 360 Boot Sue 9:15-10:00 am	CardioCore Main Studio 8:30-9:30 am
Tabata Brenda 5:00-5:30 pm	Ropes Justin 6:30-7:00 pm	Dance NRG Brenda 5:30-6:30 pm	CardioSport 6:00-7:00 pm		CardioSport 9:30-10:30 am	Muscle Main Studio 9:30-10:30 am
TRX Ryan 6:45-7:30 pm	CardioSport 6:30-7:30 pm	TRX Derek 6:30-7:15 pm				Dance NRG Brenda 10:30-11:30 am
Muscle Tony Castello 7:00-7:45 pm	Pound Brenda 6:45-7:45 pm	Muscle Tony 6:30-7:30 pm				