



Group Fitness Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|---------------------------------|---|---|---|--|--|--|--------|---|
| M O R N I N G | F.I.T. Justin 5:30-6:30 AM | TRX Justin 5:30-6:15 AM | Surge! Main Studio 5:30-6:30 AM | Move It! Matt 5:15 - 6:00 AM | Muscle Derek 5:45-6:45 AM | Abs and Glute Blast Lisa 8:00-9:00 AM | | |
| | CUT Sue 8:30-9:30 AM | Move It! Jeremy Training Floor 9:00-9:45 AM | Move It!! Express Sue 8-8:30 AM | Muscle Cori 8:30-9:30 AM | TRX Matt 8:15-9:00 AM | | | Adv. Bootcamp Sue Training Floor 8:15-9:00 AM |
| | | Cardio Explosion Liz 9:00-9:30 AM | Surge! 9:00-10:00 AM | | | Bootcamp Sue Training Floor 9:00-9:45 AM | | CardioCore Matt 8:30-9:30 AM |
| | | Muscle Derek 9:30-10:30 AM | | | TRX Helen 12:15-1:00 PM | Muscle Brenda 9:30-10:30 AM | | Muscle Brenda 9:30-10:30 AM |
| | | | | | | Amp'D 9:30-10:30 AM | | |
| | | | | | | | | Dance NRG Brenda 10:30-11:30 AM |
| | | Tabata Matt 4:45-5:30 PM | TRX Ropes Justin 5:30-6:15 PM | Dance NRG Brenda 5:30-6:30 PM | Surge! 6:15-7:15 PM | | | |
| | | Cardio Explosion Liz 6:15-7:00 PM | Amp'D 6:30-7:30 PM | Move It! Derek Training Floor 6:30-7:15 PM | | | | |
| | | Muscle Tony 7:00-7:45 PM | Pound Kristin Mind/Body Studio 6:45-7:45 PM | Muscle Tony 7:00-7:45 PM | | | | |