



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
		Muscle Derek 9:30-10:30 AM	Surge! 9:00-10:00 AM			Bootcamp Sue Training Floor 9:00-9:45 AM		CardioCore Matt 8:30-9:30 AM
					TRX Cori 12:15-1:00 PM			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				