



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!* Derek 5:15 - 6:00 AM	Muscle Derek 5:45-6:45 AM	Abs and Glute Blast Lisa 8:00-9:00 AM		
	CUT Sue 8:15-9:15 AM	Move It!* Jeremy 9:00-9:45 AM	Move It!! Express* Sue 8-8:30 AM	Muscle Cori 8:30-9:30 AM	TRX Sue 8:15-9:00 AM			
		Muscle Derek 9:30-10:30 AM	Surge! 9:00-10:00 AM			Bootcamp* Sue 8:15-9:00 AM		
						Bootcamp* Sue 9:00-9:45 AM		
					TRX Cori 12:15-1:00 PM	Amp'D 9:30-10:30 AM		
								CardioCore Cori 8:30-9:30 AM
								Muscle Brenda 9:30-10:30 AM
								Dance NRG Brenda 10:30-11:30 AM
		Tabata Cori 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 6:30-7:15 PM				
E V E N I N G	NRG Strength Tony 7:00-7:45 PM	Pound Brenda Mind/Body Studio 6:45-7:45 PM	NRG Strength Tony 7:00-7:45 PM					

* Class meets on the Main Fitness Floor