



GROUP CLASS SCHEDULE

Gym Hours: Monday - Friday 5 a.m. - 10 p.m.

Saturday - Sunday 7 a.m. - 7 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.						PIYO Im	
8:30 a.m.	ZUMBA SCULPT Jodi		ZUMBA SCULPT Jodi	FITBODY Karen	ZUMBA SCULPT Jodi		
9:00 a.m.						ZUMBA Alicia E.	PIYO Im
9:30 a.m.	YOGA Todd		YOGA Todd	YOGA Karen	YOGA Todd		
10:00 a.m.		SPIN Georg				BOXING Troy	
11:00 a.m.				SPIN Georg			
5:30 p.m.	SPIN Georg		SPIN Georg				
6:00 p.m.		KIDS MMA Philippe		KIDS MMA Philippe	KIDS MMA Philippe		
6:30 p.m.	YOGA Georg		YOGA Georg				
7:00 p.m.		HIIT Melvin		ZUMBA Alicia E.			
7:30 p.m.	STRONG BY ZUMBA Alana		ZUMBA Alicia		BOXING Troy		
			BOXING Troy				
8:00 p.m.				CURCUIT TRAINING L'shon			
8:30 p.m.	BOXING Troy						