



# 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
8:00 a.m.						PiYo Im
8:30 a.m.	Zumba Jodi		Zumba Viviana	Functional Fitness Tanya	Zumba Sculpt Jodi	
9:00 a.m.						Zumba Amber
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	RESERVED	
5:30 p.m.	Spin Georg		Spin Georg			
6:00 p.m.						
6:30 p.m.	Yoga Georg	Functional Fitness Tanya	Yoga Georg	Zumba D'ona	Kids MMA Philippe	
	Kids MMA Philippe		Kids MMA Philippe			
7:30 p.m.	Zumba Amber	PiYo Im	Zumba Alicia	Circuit Training L'shon	Boxing Troy	
			Boxing Troy			
8:30 p.m.	Boxing Troy					