



GEM WEEKLY CLASS



GEM FITNESS

SUNDAY

GROUNDFLOW

8:00 AM
THERESA

VINYASA

9:15 AM
EILEEN

MONDAY

RUST
10:00 AM
DYLAN

TUESDAY

POWER CARDIO

9:30 AM
TARA

WEDNESDAY

STEPPIN GEM

9:00 AM
PATRICE

PILATES

10:00 AM
PATRICE

THURSDAY

CIRCUIT STRENGTH

6:00 PM
ANDREA

FRIDAY

STACKED

8:00 AM
THERESA

GYM TRAIN

4:30PM
DENNIS

I.R.O.N.

5:30 PM
DENNIS

SATURDAY

G.R.I.T

7:15AM
THERESA

BOOTCAMP

8:00 AM
DYLAN

NUTRITION

8:45 AM
ROB



GYM TRAIN

6:00 PM
ROB

GROUNDFLOW

6:00PM
THERESA

BOXERCISE

5:45 PM
DENNIS



If you don't see the class or class time you need, let us know. My GEM Fitness means classes built for you.

WWW.MYGEMFITNESS.COM
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