



# GEM WEEKLY CLASS



GEM FITNESS

## SUNDAY

### GROUNDFLOW

8:00 AM

### G.R.I.T

8:45 AM

THERESA

### VINYASA

9:15 AM

EILEEN

## MONDAY

### RUST

10:00 AM

DYLAN

## TUESDAY

TBD

### OTAGO

## WEDNESDAY

### STEPPIN GEM

9:00 AM

PATRICE

### PILATES

10:00 AM

PATRICE

## THURSDAY

### POWER CARDIO

9:30 AM

TARA

### CHAIR STRENGTH

11:00 AM

## FRIDAY

### STACKED

8:00 AM

THERESA

## SATURDAY

### BOOTCAMP

8:00 AM

DYLAN

### NUTRITION

8:45 AM

ROB



### GYM TRAIN

6:00 PM

ROB

### BOOTCAMP

6:00PM

DENNIS

### BOXERCISE

5:45 PM

DENNIS

### CIRCUIT STRENGTH

6:00 PM

ANDREA

### I.R.O.N.

5:30 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.*

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