

**NOTE: Studio A
classes will have an
"A" after time**



Updates Everyday!



GROUP EXERCISE SCHEDULE 2018

Note: Class, Instructor, Studio and/or Time subject to change. Revised 10/1/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-A TRACI DRENCHED	5:30AM TRACI FU6ION FIT <small>INTENSE. ADDICTIVE. INVIGORATING.</small>	5:30AM-A TRACI DRENCHED	5:30AM TRACI FU6ION FIT <small>INTENSE. ADDICTIVE. INVIGORATING.</small>	5:30AM TRACI LES MILLS BODYPUMP	9:15AM JWorJC LES MILLS BODYPUMP
6:00AM JULIE C LES MILLS BODYPUMP		6:00AM JULIE C LES MILLS BODYPUMP			10:30 MichelleD ZUMBA fitness
	8:30AM JULI LES MILLS BODYPUMP				
	9:30AM TERRI HEALTHWAYS Silver Sneakers	10:00AM TERRI HEALTHWAYS Silver Sneakers	10:00AM TERRI HEALTHWAYS Silver Sneakers	9:30AM JULI W LES MILLS BODYPUMP	
	11:30 Michelle C ZUMBA fitness		11:30 Michelle C LES MILLS BODYPUMP		
		5:30PM-A Holly DRENCHED			
5:30PM JWorJC LES MILLS BODYPUMP	5:30PM Team Julie LES MILLS BODYATTACK	5:30PM JULI W LES MILLS BODYPUMP	5:30PM Team Julie LES MILLS BODYATTACK		SUNDAY CLASS
6:30PM MichelleD ZUMBA fitness	6:30PM Michelle U LES MILLS BODYFLOW	6:30PM MichelleD ZUMBA fitness			4:00 PM MichelleU LES MILLS BODYFLOW
6:30PM-A Jonathan Power Fit			6:30PM-A Jonathan Power Fit	CHECK OUR FACEBOOK PAGE FOR DAILY POSTINGS ABOUT CLASSES.	