

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



Updates Everyday!



GROUP EXERCISE SCHEDULE 2019

Note: Class, Instructor, Studio and/or Time subject to change. Revised 1/10/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-A TRACI DRENCHED	5:30AM TRACI 	5:30AM-A TRACI FU6ION FIT <small>INTENSE. ADDICTIVE. INVIGORATING.</small>	5:30AM TRACI 	5:30AM TRACI BUTTS, GUTS & UPPER CUTS	9:15AM JWorJC
6:00AM JULIE C 		6:00AM JULIE C 			10:30 MichelleD
	8:30AM JULI 				
	9:30AM TERRI 	10:00AM TERRI 	10:00AM TERRI 	9:30AM JULI W 	
	11:30 Michelle C 		11:30 Michelle C 		
		5:30PM-A Holly Booty & Biceps			
5:30PM JWorJC 	5:30PM Team Julie 	5:30PM JULI W 	5:30PM Team Julie 		
6:30PM MichelleD 	6:30PM Michelle U 	6:30PM MichelleD 	6:30PM Michelle U 		
				CHECK OUR FACEBOOK PAGE FOR DAILY POSTINGS ABOUT CLASSES.	