

## Group Fitness Class Schedule

SUN	MON	TUES	WED	THUR	FRI	SAT
<b><u>9:30 - 10:20am</u></b> Trainer's Choice	<b><u>5:45 - 6:35am</u></b> S&L - Full	<b><u>6:15 - 7:05am</u></b> Row & Grow	<b><u>5:45 - 6:35am</u></b> Strength in Motion	<b><u>6:15 - 7:05am</u></b> Strength in Motion	<b><u>5:45 - 6:35am</u></b> S&L - Full	
	<b><u>7:00 - 7:50am</u></b> Strength in Motion		<b><u>7:00 - 7:50am</u></b> Strength Evolution	<b><u>7:20 - 8:10 am</u></b> TRX Strength	<b><u>7:00 - 7:50am</u></b> S&L - Full	
	<b><u>8:15- 9:05am</u></b> S&L - Full	<b><u>8:30 - 9:20am</u></b> Balance & Build	<b><u>8:15- 9:05am</u></b> Row & Grow	<b><u>8:30 - 9:20am</u></b> Balance & Build	<b><u>8:15 - 9:05am</u></b> Row & Grow	<b><u>8:00 - 8:50am</u></b> Trainer's Choice
	<b><u>9:30 - 10:20 am</u></b> MoveWell Senior Fitness		<b><u>9:30 - 10:20 am</u></b> MoveWell Senior Fitness			<b><u>9:15 - 10:05am</u></b> Trainer's Choice
			<b><u>12:00 - 12:50 pm</u></b> Strength in Motion			
	<b><u>4:30 - 5:20pm</u></b> S&L - Upper	<b><u>4:30 - 5:20pm</u></b> S&L - Full	<b><u>4:30 - 5:20pm</u></b> S&L - Lower	<b><u>4:15 - 5:05pm</u></b> Row & Grow	Friday's are for POP-UP's and EVENTS Check Schedule	
	<b><u>5:30 - 6:20pm</u></b> S&L - Full	<b><u>5:30 - 6:20pm</u></b> Barbell Lifts	<b><u>5:30 - 6:20pm</u></b> S&L - Full	<b><u>5:30 - 6:20 pm</u></b> S&L - Full		

