

Group Fitness Class Schedule

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