

# Gigi's Downtown Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am- Spin Susie 6am- CXWORX Susie	5:30am- BODYPUMP Callie	5:15am- BODYFLOW Sarah	5:30am- BODYPUMP Callie	5:30am-Spin Sarah 6am- CXWORX Sarah	8:30am- Spin Alternating Instructors
8:15am- Yoga Danielle	12:15pm- CXWORX Sarah	8:15am- Yoga Bridgette	9:30- Pilates Gambrelle	8:15am- Yoga Bridgette	9:30am- BODYPUMP Alternating Instructors
12:05pm- BODYPUMP Sister	4:30pm- Spin Sister	12:05pm- BODYPUMP Susie	12:15pm- CXWORX Susie	12:05pm- BODYPUMP Alternating Instructors	10:45am- BODYFLOW Alternating Instructors
5:15pm- Spin Sarah	5:30pm- BODYPUMP Sister	5:15pm- Spin Callie	4:30pm- Spin Sarah		Sunday
6:15pm- BODYFLOW Sarah		6:15pm- CXWORX Callie	5:30pm- BODYPUMP Sarah		1:30pm -Spin Callie 2pm - CXWORX Callie

**Gym Hours:** 5am- 9pm, Monday- Thursday  
 5am- 7pm, Friday  
 7am- 5pm, Saturday  
 10am-3pm, Sunday