


Group Fitness Schedule - OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 SS Cycle Christi	6:00 - 6:45 S1 Chisel Fabiola	6:00 - 6:45 SS Cycle Christi			
				11:45 - 12:30 TM Tread -n- Shread Terri	9:45 - 10:30 S1 Cardio Blast Ron
12:00 - 1:00 S2 Pilates Boot Camp Carrie	12:00 - 1:00 YS Flow Yoga Karen		12:00 - 1:00 YS Vinyasa Yoga Susan		
	12:00 - 12:45 S1 Recess Deuce	12:15 - 1:00 S1 Power Torq Bethany	12:00 - 12:45 S1 Kickboxing Christy H. / Deuce	12:00 - 12:45 SS Cross Cycle Christi	
12:30 - 1:15 SS Cycle Christi	12:30 - 1:15 S2 Barre & Beyond Adora	12:30 - 1:15 SS Cycle Christi	12:30 - 1:15 S2 Barre & Beyond Adora		
1:00 - 1:45 S1 Box & Burn Ron		1:00 - 1:45 S1 Chisel Ron	1:00 - 1:45 S1 Tabata Burn Christi		
5:45 - 6:30 SS Cross Cycle Christi	5:45 - 6:30 S1 Box & Burn Ron	5:45 - 6:45 S1 Harder Chisel Christy H.	5:45 - 6:30 S1 Killer Kettle & Core Ron	<p>Location Key S1 Main Studio SS Spin Studio S2 Downstairs Studio YS Yoga Studio TM Downstairs Treadmills</p> <p>Hours Mon - Fri 5:00am - 9:00pm Saturday 8:00am - 6:00pm</p>	
	6:00 - 6:45 YS Pilates BootCamp Regina		6:00 - 6:45 YS Vinyasa Yoga Susan		
6:30 - 7:15 S1 Rock'n tha Beats Brandi		6:30 - 7:15 SS Cycle Christi			