



GROUP FITNESS SCHEDULE - FALL

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--------|---|---|--|--------------------------------------|--|---|
| 6:00am | | Beginner Barre 6:00-7:00am Elle | Pump 6:00-7:00am Elle | Boxing H.I.I.T. 6:00-6:30am Elle | TurboKick 6:00-7:00am Elle | Aqua Fit 6:00-7:00am Gloria | |
| 6:00/6:30 am | | TurboKick 6:00-7:00am Jill (Yoga Studio) | | Bootcamp 6:30-7:15 am Robby (Bball Court) | | POUND 6:00-6:30am Elle | |
| 6:00/6:30 am | | | | Zumba 6:30-7:00am Elle | | Step 6:30-7:00am Elle | |
| 7:00am | | Core Training 7:00-7:45am Elle | | Core Training 7:00-7:30am Elle | | PiYo 7:00-7:45am Elle | |
| 10:00am | | | | | | | Bootcamp 9:45-10:45 am Robby (Bball Court) |
| 11:15am | | | | Pump Express 11:15-11:55am Elle | PiYo 11:15-11:55am Elle | POUND 11:15-11:55am Elle | |
| 12:00pm | | Zumba 12:00-12:30pm Elle | Pump 12:00-1:00pm Elle | TurboKick 12:00-1:00pm Elle | Kettlebells 12:00-1:00pm Robby | Tabata Bootcamp 12:00-1:00pm Robby | |
| 12:30pm | | POUND 12:30-1:00pm Elle | Core Training 12:30-1:00pm Kimmy (Yoga Studio) | | | Core Training 12:30-1:00pm Greg (Yoga Studio) | |
| 1:00/1:05 pm | | Step 1:00-1:45pm Elle | PiYo 1:00-1:45pm Elle | Butts n' Guts 1:00-1:30pm Elle | Pump 1:05-2:00pm Elle | Pilates Mat 1:05-1:35pm Elle | |
| 5:30pm | | Bootcamp 5:30-6:15pm Kimmy | | Bootcamp 5:30-6:15pm Greg | | | |

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