











Group Fitness Schedule
Tuesday
December 26, 2017

Tuesday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
8:20-9:20am  BodyPump Lauren	8:35-9:20am  SoulBody Barre Marisa			
9:30-10:00am  GRIT Mix Becky	9:30-10:30am Hatha Yoga Debra		9:30-10:15am  Jen G.	9:30-10:30am Aqua High Janice
10:05-10:35am  CXWORK Becky				10:30-11:30am Cardio Low Janice
10:45-11:30am  Zumba Gold Ellie	10:45-11:30am Beginner Barre Debra			
	11:45-12:45pm Gentle Yoga Melissa M.			
4:30-5:30pm  BodyCombat Sharon				
5:30-6:30pm  BodyPump Steph	5:30-6:30pm Mat Pilates Marisa	6:00-6:30pm  MetaFit Paige	6:00-7:00pm  Lauren	6:00-7:00pm Aqua Tai Chi Barbara
6:35-7:20pm Retro Step 45 Jaclyn	6:45-7:45pm Hatha Yoga Christopher	6:30-7:30pm Cardio Box Sharon		