




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30 AM						8:30 AM		<b>CLUB FITNESS YOGA</b> Gloria
9:00 AM	<b>CLUB FITNESS</b> Camille <b>STRENGTH</b>	<b>CLUB FITNESS</b> <b>YOGA</b> Gloria		<b>CLUB FITNESS</b> <b>YOGA</b> Rebecca	<b>CLUB FITNESS</b> Elina <b>STRENGTH</b>	9:00 AM		
10:00 AM	 <b>ZUMBA</b> Elina				<b>PiYO</b> Erin	10:00 AM		
11:00 AM						11:00 AM	 <b>ZUMBA</b> Alisha	
5:00 PM			 <b>DFM</b> Trainer 45min					
5:30 PM		<b>CLUB FITNESS</b> <b>HIIT</b> Trinity		<b>Turbo KICK</b> April				
6:00 PM	<b>CLUB FITNESS</b> <b>STEP</b> Jenny		<b>CLUB FITNESS</b> Trinity <b>SYNERGY</b> 45 min					
6:00 PM			<b>CLUB FITNESS</b> Carolyn <b>INTERVALS</b>					
6:30 PM		<b>CLUB FITNESS</b> <b>YOGA</b> Rhonna		<b>CLUB FITNESS</b> <b>YOGA</b> Rhonna				
7:00 PM	<b>CLUB FITNESS</b> Jenny <b>STRENGTH</b>		<b>CLUB FITNESS</b> <b>YOGA</b> Gloria					
8:00 PM	<b>CLUB FITNESS</b> <b>YOGA</b> Rebecca							



All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

**CLUB FITNESS DOGTOWN | DOGTOWN MARKET 6554 MANCHESTER AVE, SAINT LOUIS MISSOURI 63139 | 314.732.0529**

**FITNESS FOR EVERY BODY.** 