

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	LES MILLS BODYPUMP CXWORX Becky 30/30		LES MILLS BODYCOMBAT Becky	LES MILLS GRIT CXWORX Michele 30/30	LES MILLS BODYATTACK Jenn	7:15 AM	LES MILLS BODYPUMP Amy (45 mins)	
8:15 AM	LES MILLS BODYPUMP Michele D		CLUB FITNESS BARRE Donna	CLUB FITNESS STEP Karen		8:15 AM	LES MILLS BODYPUMP Michelle S	LES MILLS BODYPUMP Maria H.
9:15 AM	LES MILLS GRIT CXWORX Michele (30/30)	LES MILLS BODYFLOW Angie	LES MILLS BODYPUMP Erica	LES MILLS BODYFLOW Angie	LES MILLS BODYPUMP Elina	9:15 AM	LES MILLS BODYFLOW Michelle S	LES MILLS BODYFLOW Maria H.
10:15 AM	LES MILLS BODYATTACK Tina	LES MILLS BODYPUMP Angie	LES MILLS BODYCOMBAT Michele D	LES MILLS BODYATTACK Erica	LES MILLS CXWORX Elina	10:15 AM	ZUMBA Laura	STRONG Lindsey
10:45 AM					CLUB FITNESS HIIT Stacy	11:15 AM	Turbo THICK Denise	
4:30 PM	ZUMBA Ashley	LES MILLS BODYPUMP Anjuli	tone MJ	LES MILLS BODYPUMP Sabrina				
5:30 PM	LES MILLS BODYPUMP CXWORX Michelle S (30/30)	Turbo THICK Denise	LES MILLS GRIT CXWORX Sabrina (30/30)	tone Sabrina				
6:30 PM	LES MILLS BODYCOMBAT Michelle S	PiYO Denise	LES MILLS BODYCOMBAT Sabrina	ZUMBA Laura				
7:30 PM	LES MILLS BODYFLOW Michelle S	CLUB FITNESS PILATES Gary						

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	LES MILLS RPM Jane	CLUB FITNESS CYCLE Brandy	LES MILLS sprint Jane		LES MILLS sprint Jane			
9:00 AM	CLUB FITNESS CYCLE Deanna	LES MILLS sprint Michelle S	LES MILLS RPM Jane	CLUB FITNESS CYCLE Deanna	LES MILLS RPM Jane	9:00 AM		CLUB FITNESS CYCLE Ray
5:30 PM	LES MILLS sprint Lori S.	LES MILLS sprint Anjuli		LES MILLS sprint Sean				
6:45 PM			CLUB FITNESS CYCLE Ray					

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	BURN ZONE Maria S.	BURN ZONE Michelle S.	BURN ZONE Maria S.	BURN ZONE Sean				
6:30 AM	BURN ZONE Jane		BURN ZONE Jane		BURN ZONE Jane			
9:15 AM	BURN ZONE Ashley	BURN ZONE Stacy	BURN ZONE Ashley	BURN ZONE Stacy	BURN ZONE Stacy	9:15 AM	BURN ZONE Sabrina	BURN ZONE Maria S.
5:30 PM		BURN ZONE Natalie		BURN ZONE John				
6:15 PM	BURN ZONE John		BURN ZONE John					

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 FENTON | 739 GRAVOIS BLUFFS BLVD, FENTON, MISSOURI, 63026

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:15 AM, & 7:00 AM, & 7:45 am							
9:00 AM							
10:15 AM & 11:15 AM							
12:15 PM & 1:00 PM							
1:45 PM & 2:45 PM							
4:00 PM & 4:45 pm							
5:30 PM							
6:45 PM							
7:45 PM & 8:30 PM							

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