

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	CLUB FITNESS HIIT Laura 45min	LES MILLS Gabby BODYPUMP	CLUB FITNESS HIIT Laura 45min	LES MILLS Gabby BODYPUMP	Turbo KICK Jenn	5:45 AM		
7:00 AM						7:00 AM	LES MILLS Shaylea BODYPUMP	
8:00 AM	LES MILLS Frankie BODYPUMP	CLUB FITNESS CORE Liz	CLUB FITNESS Liz STRENGTH	CLUB FITNESS HIIT Jen	LES MILLS Gabby BODYCOMBAT	8:00 AM	Turbo KICK Jenn	
9:00 AM	CLUB FITNESS Cindy CARDIO	LES MILLS Gabby BODYPUMP	CLUB FITNESS Jen CARDIO	LES MILLS Katie BODYPUMP	ZUMBA Casey	9:00 AM	CLUB FITNESS HIIT Laura C	ZUMBA Cathy
10:00 AM	CLUB FITNESS Amanda SYNERGY	ZUMBA Melanie	CLUB FITNESS YOGA Pamela		CLUB FITNESS Amanda SYNERGY	10:00 AM	ZUMBA Lindsay	URBAN KICK Carolyn
4:00 PM	CLUB FITNESS Gary PILATES	LES MILLS Shaylea BODYPUMP	CLUB FITNESS YOGA Alicia	LES MILLS Shaylea BODYPUMP				
5:00 PM	CLUB FITNESS HIIT Jen	Turbo KICK Jenn	LES MILLS Alicia BODYPUMP	CLUB FITNESS Katie CARDIO				
6:00 PM	LES MILLS Angie BODYPUMP	PiYO Jessica	ZUMBA Shana	CLUB FITNESS YOGA Ken				
7:00 PM	ZUMBA Lindsay	LES MILLS Aimee BODYCOMBAT	PiYO Shana	ZUMBA Laura H				



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.

FITNESS FOR EVERY BODY.

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