


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM		CLUB FITNESS Jody STRENGTH	CLUB FITNESS Martha STRENGTH	CLUB FITNESS Camille STEP STRENGTH		8:00 AM		
8:30 AM	POUND NO CRIBBL, NO CRIBT. Martha 45min				CLUB FITNESS CORE Erin	8:30 AM		
9:00 AM		CLUB FITNESS Amy CARDIO	Turbo TRICK Julie	CLUB FITNESS HIIT Karen		9:00 AM	ZUMBA FITNESS Makeba	Turbo TRICK Kirstie
9:15 AM	CLUB FITNESS Amy STRENGTH					9:15 AM		
9:30 AM					CLUB FITNESS STEP Amy	9:30 AM		
10:00 AM			CLUB FITNESS Rebecca VINYASA	CLUB FITNESS YOGA Jim		10:00 AM	CLUB FITNESS HIIT Trinity	LES MILLS Kirstie BODYPUMP 45 min
10:15 AM	CLUB FITNESS Amy HIIT 45min	CLUB FITNESS Rebecca VINYASA				10:15 AM		
11:00 AM						11:00 AM	CLUB FITNESS YOGA Joan	CLUB FITNESS Meg VINYASA
12:00 PM		CLUB FITNESS BARRE Moira				12:00 PM		
4:30 PM	CLUB FITNESS BARRE Moira	PiYO Erin						
5:00 PM			ZUMBA FITNESS Shonte	PiYO Jessica				
5:30 PM	URBAN KICK Carolyn	ZUMBA FITNESS Grace						
6:00 PM			CLUB FITNESS Rebecca VINYASA	Turbo TRICK Jessica				
6:30 PM	ZUMBA FITNESS Grace	CLUB FITNESS STEP Tracey						
7:00 PM			LES MILLS Rachel BODYPUMP	LES MILLS Shaylea BODYPUMP				
7:30 PM		LES MILLS Tracey BODYPUMP						

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.