

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM		LES MILLS Angela BODYPUMP		CLUB FITNESS Tracey STRENGTH				
8:15 AM	CLUB FITNESS LES MILLS PILOGA barre Rose 15/30min	CLUB FITNESS Rose 45 min STRENGTH	CLUB FITNESS Ingrid 45 min DANCE	CLUB FITNESS Ingrid 45 min STRENGTH	CLUB FITNESS Ingrid 45 min CORE	8:00 AM	ZUMBA FITNESS Melanie	LES MILLS Carrie BODYPUMP
9:00 AM	LES MILLS Amy D BODYPUMP	ZUMBA FITNESS Amanda	LES MILLS LES MILLS BODYPUMP CXWORX Carrie 30/30min	LES MILLS Carrie BODYSTEP	ZUMBA FITNESS Amanda	9:00 AM	LES MILLS Varies BODYPUMP	LES MILLS Carrie BODYSTEP
10:00 AM	LES MILLS Amy D BODYFLOW	LES MILLS Julie 45 min barre	LES MILLS Lori BODYFLOW	LES MILLS Christina 45 min barre	CLUB FITNESS Judi VINYASA	10:00 AM	LES MILLS Tiffany BODYFLOW	LES MILLS Rachel BODYFLOW
11:00 AM	ZUMBA FITNESS Zena		LES MILLS Lyndsie BODYPUMP			11:00 AM		ZUMBA FITNESS Eileen
4:30 PM	LES MILLS LES MILLS BODYPUMP CXWORX Michelle 30/30min	CLUB FITNESS Laura CARDIO	CLUB FITNESS Laura P STEP	ZUMBA FITNESS Eileen				
5:30 PM	STRONG Amanda D MBA	LES MILLS Susan BODYPUMP	LES MILLS Julie BODYFLOW	LES MILLS Amy D BODYPUMP	ZUMBA FITNESS Tracey			
6:30 PM	TURBO KICK Sara BODYFLOW	LES MILLS Ashley BODYFLOW	LES MILLS LES MILLS barre CXWORX Julie 30/30min	LES MILLS Amy D BODYFLOW				
7:30 PM	ZUMBA FITNESS Rachel	LES MILLS Holly BODYCOMBAT	LES MILLS Nick SH'BAM	STRONG Crystal ZUMBA				

BURN ZONE

5:00 AM	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Emily			
6:15 AM	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Emily	BURN ZONE Tim			
9:00 AM		BURN ZONE Tim		BURN ZONE Tim		8:15 AM	BURN ZONE Tim	
9:30 AM	BURN ZONE Tim		BURN ZONE Lyndsie		BURN ZONE Amanda	9:30 AM	BURN ZONE Tim	BURN ZONE Taylor
4:30 PM		BURN ZONE Lyndsie		BURN ZONE Amy				
5:30 PM	BURN ZONE Susan		BURN ZONE Amanda		BURN ZONE Tim			
6:00 PM		BURN ZONE Lyndsie		BURN ZONE Taylor				
6:45 PM	BURN ZONE Susan		BURN ZONE Amanda					

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. Please email ebenefit@clubfitness.us for any comments or suggestions!

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FITNESS FOR EVERY BODY.