

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM		LES MILLS Angela BODYPUMP		LES MILLS Angela BODYPUMP		8:00 AM	ZUMBA FITNESS Melanie	LES MILLS Carrie BODYPUMP
8:15 AM	CLUB FITNESS Rose PILOGA 45min	CLUB FITNESS Rose STRENGTH 45 min	CLUB FITNESS Ingrid CARDIO 45 min	CLUB FITNESS Ingrid STRENGTH 45 min	CLUB FITNESS Ingrid CORE 45 mins	8:15 AM		
9:00 AM	LES MILLS Amy D BODYPUMP	ZUMBA FITNESS Amanda	LES MILLS Carrie BODYPUMP	LES MILLS Carrie BODYSTEP	ZUMBA FITNESS Amanda	9:00 AM	LES MILLS Kelsey BODYPUMP	LES MILLS Carrie BODYSTEP
10:00 AM	LES MILLS Amy D BODYFLOW	LES MILLS Christina BODYCOMBAT	CLUB FITNESS Carrie CORE 30mins	CLUB FITNESS Carrie CORE 30mins	CLUB FITNESS Judi VINYASA	10:00 AM	CLUB FITNESS Jen R VINYASA	
11:00 AM	ZUMBA FITNESS Zena		CLUB FITNESS Liz STRENGTH		STRONG BY ZUMBA Amanda D.	11:00AM		ZUMBA FITNESS Eileen
4:30 PM	LES MILLS Carrie BODYPUMP	CLUB FITNESS Tracey STRENGTH 30 mins	CLUB FITNESS Laura P STEP	CLUB FITNESS 30min Liz STRENGTH				
5:00 PM								
5:30 PM	STRONG BY ZUMBA Amanda D	LES MILLS Nancy BODYPUMP	LES MILLS Julie BODYFLOW	LES MILLS Amy D BODYPUMP	ZUMBA FITNESS Tracey	<p>THIS SCHEDULE BEGINS DEC 10TH LM BARRE CLASSES BEGINS DEC 17TH</p> <h1>LES MILLS barre</h1>		
6:30 PM	TURBO TRICK Sara	LES MILLS Ashley BODYFLOW	LES MILLS Julie CXWORX	LES MILLS Amy D BODYFLOW				
7:30 PM	ZUMBA FITNESS Rachel	LES MILLS Holly BODYCOMBAT	ZUMBA FITNESS Tracey	STRONG BY ZUMBA Crystal				

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 Angela	BURN ZONE Emily	BURN ZONE Angela	BURN ZONE Tim			
9:00 AM		BURN ZONE Christina		BURN ZONE Tim		8:15 AM	BURN ZONE Liz	
9:30 AM	BURN ZONE Lyndsie		BURN ZONE Lyndsie		BURN ZONE Liz	9:30 AM	BURN ZONE Liz	BURN ZONE Tim
4:30 PM		BURN ZONE Erica		BURN ZONE Amy D				
5:30 PM	BURN ZONE Tim		BURN ZONE Amanda		BURN ZONE Tim			
6:00 PM		BURN ZONE Erica		BURN ZONE Liz				
6:45 PM	BURN ZONE Tim		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.