



GROUP FITNESS CLASS SCHEDULE

STUDIO A

	MON	TUES	WED	THUR	FRI	SAT
8:30A						Total Body Sculpt KATHI
9:00A		Total Body Sculpt KATHI	Hi/Low Cardio KATHI	Total Body Sculpt KATHI	Balance, Mobility & Stretch KATHI	
9:30A						Step Interval KATHI
10:00A		Step 25min KATHI		Step 25min KATHI		
10:15A					ZUMBA MARIA	
5:00P	BodyShox Barbell TA	Balance, Mobility & Stretch KATHI	Buns & Abs KATHI			
5:30P				BodyShox Barbell TA		
6:00P	Step KATHI	ZUMBA MARIA	Step Interval KATHI			
7:00P	Yoga LINDSAY					

STUDIO B

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45A		Cycle JOCELYN		Cycle JOCELYN			
10:30A							Boot Camp JOSH B.
6:00P	Boot Camp JOSH B.	Boxing ERIC	Boot Camp JOSH B.	Boxing JEFF	Boot Camp JOSH B.		