

Summer 2017

Fitness Class Schedule August

June -

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	5:30am- 6:00am FR HIIT – Diane	5:45am- 6:35am FR Beginner Cycling – Diane	5:30am- 6:05am FR HIIT – Diane	6:00am- 6:50am SR Sunrise Yoga – Vicki	6:00am-6:50am FR Turbo Kick – Dawn	9:00am-9:50pm FR Zumba – Andrea
	9:00am-9:50am PR Forever Fit – Chrissie	7:00am-7:50am FR Turbo Kick – Abbey	9:00am-9:50am PR Forever Fit – Chrissie	7:00am-7:50am FR Turbo Kick – Abbey	9:00am-9:50am PR Forever Fit – Chrissie	
	9:00am-9:50am FR Indoor Cycling – Lanie	9:00am-9:30am FR Cycling Express – Lanie	9:00am-9:50am FR Indoor Cycling – Lanie	9:00am-9:30am FR Cycling Express – Lanie	10:00am-10:50am SR Yoga – Chrissie	
	10:00am-10:50am SR Yoga – Chrissie	10:00am-10:50am PR S.S. Cardio Fit – Chrissie	10:00am-10:50am SR Yoga – Chrissie	10:00am-10:50am PR S.S. Cardio Fit – Chrissie	**10:00am-10:50am FR TRX– Michelle	
	**10:00am-10:50am FR TRX– Michelle	11:00am-11:50am SR Yoga – Chrissie	**10:00am-10:50am FR TRX– Michelle	11:00am-11:50am SR Yoga – Chrissie		

Afternoon Classes	**11:30am-12:20am SR Tai Chi – Bienaime	12:00-pm- 12:30 pm FR –HIIT Express– Adam	**11:30am-12:20am SR Tai Chi – Bienaime	12:00-pm- 12:30 pm FR –HIIT Express– Adam	12:00pm-12:50pm PR S.S. Classic – Gloria	
	12:00am-12:50am PR S.S. Classic – Gloria		12:00am-12:50am PR S.S. Classic – Gloria			
Evening Classes	5:30pm- 6:00pm FR Body Circuit – Lanie	5:15pm- 6:05 pm FR Turbo Kick – Dawn	5:30pm- 6:00pm FR Body Circuit – Lanie	5:30pm- 6:20pm SR Yoga – Chrissie		
	6:30pm-7:20pm FR After Hours Toning Jonathan	5:30pm- 6:20pm SR Yoga – Chrissie	6:30pm-7:20pm FR After Hours Toning Jonathan	7:15pm-8:05pm FR Zumba – Vanessa		
	7:30pm-8:20pm FR Zumba – Vanessa		7:30pm-8:20pm FR Zumba – Andrea			