

GROUP FITNESS SCHEDULE June 2017

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
5:30 AM		BODYPUMP Alternating instructor		BODYPUMP Alternating instructor	
8:30 AM	BODYFLOW Lauren			BODYFLOW Cheryl	BODYPUMP Carrie W.
9:30 AM	BODYPUMP Heather	BODYJAM Heather	BODYPUMP Carrie W.	BODYATTACK Melissa & Katie	Core Blast 30 min Heather
5:00 PM	BODYATTACK 5:15pm 45min format Melissa	BODYPUMP Melissa			
6:00 PM	BODYPUMP Melissa		BODYPUMP Carrie B.	BODYJAM Heather	
7:00 PM			BODYFLOW Brandy		

SATURDAY

8:15 AM	BODYPUMP Carrie B.
9:30 AM	BODYATTACK Melissa/Leigh
10:30 AM	BODYFLOW Brandy

CYCLE STUDIO

	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
5:30 AM	SPINNING. John		SPINNING. Sara		SPINNING. John
8:30 AM	SPINNING. Heather or Susan	SPINNING. Susan	SPINNING. Shannon		SPINNING. Susan
6:00 PM	SPINNING. Jessie	SPINNING. Heather	SPINNING. Erin		

SATURDAY

8:30 AM	SPINNING. John
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