

## GROUP FITNESS SCHEDULE











### August 2017 (effective August 14)

**GROUP FITNESS STUDIO**

	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
5:30 AM		<b>BODYPUMP</b> Dustin		<b>BODYPUMP</b> Dustin	
8:30 AM	<b>BODYFLOW</b> Lauren		<b>BODYATTACK</b> Melissa & Katie	<b>BODYFLOW</b> Cheryl	<b>BODYPUMP</b> Carrie W.
9:30 AM	<b>BODYPUMP</b> Heather	<b>BODYJAM</b> Heather	<b>BODYPUMP</b> Carrie W	<b>BODYSTEP</b> Megan	<b>Core Blast 30 min</b> Heather
5:15 PM	<b>BODYATTACK</b> 45min format Melissa	<b>BODYPUMP</b> Melissa			
6:00 PM	<b>BODYPUMP</b> Melissa		<b>BODYPUMP</b> Megan	<b>BODYJAM</b> Heather	
7:00 PM			<b>BODYFLOW</b> Brandy		

	SATURDAY
8:15 AM	<b>BODYPUMP</b> Carrie B.or Dustin
9:30 AM	<b>BODYATTACK</b> Melissa/Leigh
10:30 AM	<b>BODYFLOW</b> Brandy

**CYCLE STUDIO**

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

	SATURDAY
8:30 AM	 <b>SPINNING.</b> John