












GROUP FITNESS SCHEDULE

October 2017

GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY		SATURDAY
5:30 AM		BODYPUMP Dustin		BODYPUMP Dustin			
8:30 AM	BODYFLOW Lauren		BODYATTACK Melissa & Katie	BODYFLOW Carrie W & Megan	BODYPUMP Carrie W.		8:15 AM BODYPUMP Carrie B.or Dustin
9:30 AM	BODYPUMP Heather	BODYJAM Heather	BODYPUMP Carrie W	BODYSTEP Megan	Core Blast 30 min Heather		9:30 AM BODYATTACK Melissa/Leigh
5:15 PM	BODYATTACK 45min format Melissa	BODYPUMP Melissa					10:30 AM BODYFLOW Brandy
6:00 PM	BODYPUMP Melissa		BODYPUMP Megan	BODYJAM Heather			
7:00 PM			BODYFLOW Brandy				

CYCLE STUDIO

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