

GROUP X SCHEDULE

ALL SUBS ARE POSTED ON THE WHITE BOARD IN GROUP X HALLWAY

MON	TUES	WED	THURS	FRI	SAT	SUN
5:35AM PEDAL & PUMP DEB	5:35AM SPIN KIM M.	5:35AM BODY PUMP CARISSA	5:35AM PEDAL & PUMP DEB	5:35AM BODY PUMP KIM M.	7:30AM SPIN MICHELLE	7:30AM SPIN CHRISSIE
8:00AM CIRCUIT FUSION KIM M.	8:00AM SPIN KIM M.	8:00AM BODY PUMP KIM I.	8:00AM CARDIO MUSCLE MICHELLE	8:00AM BODY PUMP KIM M.	7:30AM FUSION FIT NICHOLE	8:30AM BODYPUMP KATE
9:00AM CHISEL DANIELLE	9:00AM BODY PUMP KIM M.	9:00AM CIRCUIT FUSION DEB	9:00AM SPIN DANIELLE	9:00AM SPIN KIM M.	8:30AM SPIN NICHOLE	9:30AM DRUMS ALIVE KATE (45 MINS)
10:00AM SPIN DANIELLE	10:00AM Pilates + MARTA	10:00AM Bottom & Core DEB	10:00AM PILATES DANIELLE	9:00AM BODY BARRE DANIELLE	8:30AM CHISEL/PILATES MICHELLE	
4:30PM ROCK BOTTOM MICHELLE Z.	4:30PM SPIN JANAELLE	4:30PM KICKBOXING DANIELLE	4:30PM FUSION FIT CANDACE	10:00AM STRETCH (30 MINS) DANIELLE	9:30AM ZUMBA YELENA	
5:00PM POWER ABS MICHELLE Z.	5:30PM CHISEL JANAELLE	5:00PM CHISEL EXPRESS DANIELLE	5:30PM SPIN CANDACE			
5:30PM SPIN NICHOLE	6:30PM DRUMS ALIVE ALICIA (45 MINS)	5:30PM SPIN DANIELLE	6:30PM DRUMS ALIVE ALICIA (45 MINS)			
5:30PM ZUMBA YELENA	7:15PM BODY PUMP KATE	5:30PM ZUMBA YELENA				
6:30PM FUSION FIT NICHOLE		6:30PM BODY BARRE DANIELLE				



All classes are included with memberships