



GROUP FITNESS SCHEDULE

STARTING OCTOBER 28TH 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:30AM-6:00AM SPRINT Christine	8:00AM-8:55AM BODYVIVE Christine	5:30AM-6:15AM RPM Kalli	6:00AM-6:55AM BODYFLOW Marta	5:30AM-6:15AM RPM Angie	8:10AM-8:55AM RPM Michelle	9:00AM-9:45AM BODYATTACK Laura
	6:00AM-6:55AM BODYPUMP Liz	9:15AM-10:00AM BODYPUMP Laura	6:00AM-6:55AM BODYPUMP Marta	8:45AM-9:15AM CXWORX Laura	6:00AM-6:30AM BODYPUMP Liz	8:10AM-9:05AM BODYPUMP PHOENIX INSTRUCTOR	10:00AM-10:55AM BODYPUMP John
	8:00AM-8:45AM RPM Marta	10:00AM-10:30AM CXWORX Laura	8:00AM-8:55AM BODYFLOW Marta	9:15AM-10:10AM BODYPUMP Lisa	6:30AM-7:00AM CXWORX Liz	9:15AM-10:10AM BODYSTEP PHOENIX INSTRUCTOR	11:00A-11:55A BODYFLOW Lina
	9:15AM-10:10AM BODYCOMBAT Lina		8:30AM-9:00AM SPRINT Jessica		8:00AM-8:55AM BODYVIVE Doris	10:15AM-10:45AM CXWORX Julie	
			9:15AM-10:10AM BODYATTACK Laura		9:15AM-10:10AM BODYCOMBAT John	10:45A-11:40AM BODYCOMBAT John	
NOON	12:00PM-12:55PM BODYPUMP Kalli		12:00PM-12:55PM BODYPUMP John		12:00PM-12:55PM BODYPUMP Doris		
EVENING	5:30PM-6:00PM BODYSTEP Julie	4:30PM-5:25PM BODYCOMBAT John	5:30PM-6:25PM BODYSTEP PHOENIX INSTRUCTOR	4:30PM-5:25PM BODYPUMP Laura			
	6:00PM-6:30PM CXWORX Julie	5:30PM-6:25PM BODYPUMP Liz	6:30PM-7:25PM BODYPUMP Doris	5:30PM-6:25PM BODYCOMBAT John			
	6:30PM-7:25PM BODYPUMP Doug	6:30PM-7:25PM BODYFLOW Marta		6:30PM-7:25PM BODYVIVE Doris			
	7:30PM-8:15PM BODYCOMBAT Julie D						

D E S C R I P T I O N	BODYPUMP	The original weights class that builds strength, tones your body, and pushes you to the limit every time.
	CXWORX	Scientifically-based workout that challenges you to build and maintain a better shaped and functioning core.
	BODYVIVE	A low-impact workout for the whole body that will get your core working harder, for a leaner, stronger you.
	BODYFLOW	A yoga, tai-chi and pilates inspired workout that leaves you long, strong, calm, and centered. Feel balanced.
	RPM	High intensity interval training set to tunes that will get your pulse racing.
	SPRINT	30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
	BODYSTEP	Feel liberated and alive with this energizing and athletic step workout.
	BODYCOMBAT	A challenging mix of martial arts and endurance, unleashing strength you never knew you had.
	BODYATTACK	A full-on, high-energy cardio workout to energizing tunes.
GRIT Series	Three unique workouts featuring High Intensity Interval Training designed for ultimate results in minimum time.	

4625 W KL AVE

KALAMAZOO, MICHIGAN

49006

269.544.0089