



**GROUP FITNESS SCHEDULE**

**\*\*STARTS JUNE 12th 2017\*\***

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

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