

LARGE GROUP X ROOM - G2 SCHEDULE



April 16-22, 2018

	Mon 4/16	Tues 4/17	Wed 4/18	Thurs 4/19	Fri 4/20	Sat 4/21	Sun 4/22
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am Kathryn	BodyPump™ 5:30 - 6:30 am Amanda	Zumba® 5:30 - 6:30 am Lexy	SunUp B.Pump™ 6:00 - 6:30 am Sandy		
7:00 am						POUND® 7:30 - 8:15 am Stayce	
8:00 am							
9:00 am	POUND® 8:45 - 9:30 am Ashley	Fun & Fit 8:45 - 9:30 am Brenda	Step Fusion 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Brenda		Zumba® 8:30 - 9:30 am Kathryn	
10:00 am	Tone Up 9:35 - 10:05 am Ashley	SS Circuit® 9:45 - 10:30 am Amber	Rock Bottom 9:35 - 10:05 am Tammy	SS Circuit® 9:45 - 10:30 am Amber	Zumba® 9:00 - 10:00 am Andy		
	Zumba® Gold 10:30 - 11:00 am Tammy					BodyPump™ 9:45 - 10:45 am Alyssa	
11:00 am				Chair Yoga 10:45-11:30am Amber	BodyPump™ 10:15 - 11:15 am Katy J		BodyPump™ 10:15 - 11:15 am Sandy
12:00 pm		BodyPump™ 12:15 - 1:00 pm Alyssa		BodyPump™ 12:15 - 1:00 pm Yvonne			
1:00 pm	Sport Yoga 1:00 - 1:45 pm Chris		Sport Yoga 1:00 - 1:45 pm Chris			Jazz / Ballet \$ 1:00 - 2:00 pm Meghan	Zumba® 1:00 - 2:00 pm Steph M
2:00 pm						Hip Hop \$ 2:00 - 3:00 pm Meghan	
3:00 pm							
4:00 pm	Step It Up 4:30 - 5:10 pm Alyssa		Step It Up 4:30 - 5:10 pm Becky				
5:00 pm	Tone Up 5:15 - 5:45 pm Chilly	A B C's 5:10- 5:50 pm Becky	Rock Bottom 5:15 - 5:45 pm Becky	A B C's 5:10- 5:50 pm Ashley			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Target Zone 6:00 - 6:45 pm Susan	Zumba® 6:00 - 6:45 pm Steph M	Zumba® 6:00 - 6:45 pm Kathryn			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm Naomi	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Riley			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes