

LARGE GROUP X ROOM - G2 SCHEDULE



Apr. 30-May 6, 2018

	Mon 4/30	Tues 5/1	Wed 5/2	Thurs 5/3	Fri 5/4	Sat 5/5	Sun 5/6
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am	BodyPump™ 5:30 - 6:30 am	Zumba® 5:30 - 6:30 am	SunUp B.Pump™ 6:00 - 6:30 am		
7:00 am						POUND® 7:30 - 8:15 am	
8:00 am							
9:00 am	POUND® 8:45 - 9:30 am Stayce	Fun & Fit 8:45 - 9:30 am	Step Fusion 8:45 - 9:30 am	Fun & Fit 8:45 - 9:30 am		Zumba® 8:30 - 9:30 am	
	Tone Up 9:35 - 10:05 am Stayce		Rock Bottom 9:35 - 10:05 am		Zumba® 9:00 - 10:00 am		
10:00 am		SS Circuit® 9:45 - 10:30 am		SS Circuit® 9:45 - 10:30 am			
	Zumba® Gold 10:30 - 11:00 am Tammy				BodyPump™ 10:15 - 11:15 am	BodyPump™ 9:45 - 10:45 am	BodyPump™ 10:15 - 11:15 am
11:00 am		Chair Yoga 10:45-11:30am					
12:00 pm		BodyPump™ 12:15 -1:00 pm		BodyPump™ 12:15 -1:00 pm			
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	Zumba® 1:00 - 2:00 pm
2:00 pm						Hip Hop \$ 2:00 - 3:00 pm	
3:00 pm							
4:00 pm							
	Step It Up 4:30 - 5:10 pm Alyssa		Step It Up 4:30 - 5:10 pm				
5:00 pm	Tone Up 5:15 - 5:45 pm Chilly	A B C's 5:10- 5:50 pm	Rock Bottom 5:15 - 5:45 pm	A B C's 5:10- 5:50 pm			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Target Zone 6:00 - 6:45 pm	Zumba® 6:00 - 6:45 pm	Zumba® 6:00 - 6:45 pm			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm	Kick Burn & Build 7:00 - 8:00 pm	BodyPump™ 7:00 - 8:00 pm			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes