

LARGE GROUP X ROOM - G2 SCHEDULE



August 20-26, 2018

	Mon 8/20	Tues 8/21	Wed 8/22	Thurs 8/23	Fri 8/24	Sat 8/25	Sun 8/26
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am NO CLASS	Zumba® 5:30 - 6:30 am NO CLASS	BodyPump™ 5:30 - 6:30 am NO CLASS	Zumba® 5:30 - 6:30 am NO CLASS	SunUp B.Pump™ 6:00 - 6:30 am Sandy		
7:00 am							
8:00 am							
9:00 am	POUND® 8:45 - 9:30 am NO CLASS	Fun & Fit 8:45 - 9:30 am NO CLASS	Step Fusion 8:45 - 9:30 am NO CLASS	Fun & Fit 8:45 - 9:30 am NO CLASS		Zumba® 8:30 - 9:30 am Kaitlyn	
	Tone Up 9:35 - 10:05 am NO CLASS		Rock Bottom 9:35 - 10:05 am NO CLASS		Zumba® 9:00 - 10:00 am Andy		
10:00 am		SS Circuit® 9:45 - 10:30 am NO CLASS		SS Circuit® 9:45 - 10:30 am NO CLASS		BodyPump™ 9:45 - 10:45 am Alyssa	
	Zumba® Gold 10:30 - 11:00 am NO CLASS				BodyPump™ 10:15 - 11:15 am Alyssa		BodyPump™ 10:15 - 11:15 am Yvonne
11:00 am				Chair Yoga 10:45-11:30am NO CLASS			
12:00 pm		BodyPump™ 12:15 - 1:00 pm NO CLASS		BodyPump™ 12:15 - 1:00 pm NO CLASS			
1:00 pm	Sport Yoga 1:00 - 1:45 pm NO CLASS		Sport Yoga 1:00 - 1:45 pm NO CLASS				Zumba® 1:00 - 2:00 pm Corey
2:00 pm							
3:00 pm							
4:00 pm							
	Step It Up 4:30 - 5:10 pm NO CLASS		Step It Up 4:30 - 5:10 pm NO CLASS				
5:00 pm	Tone Up 5:15 - 5:45 pm TBD	A B C's 5:10- 5:50 pm O CLASS	Rock Bottom 5:15 - 5:45 pm NO CLASS	A B C's 5:10- 5:50 pm NO CLASS			
6:00 pm	Zumba® 6:00 - 6:45 pm NO CLASS	Target Zone 6:00 - 6:45 pm NO CLASS	Zumba® 6:00 - 6:45 pm NO CLASS	Zumba® 6:00 - 6:45 pm NO CLASS			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm NO CLASS	BodyPump™ 7:00 - 8:00 pm NO CLASS	Kick Burn & Build 7:00 - 8:00 pm NO CLASS	BodyPump™ 7:00 - 8:00 pm NO CLASS			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes