

LARGE GROUP X ROOM - G2 SCHEDULE



CHOICE
HEALTH & FITNESS

July 2-8, 2018

	Mon 7/2	Tues 7/3	Wed 7/4	Thurs 7/5	Fri 7/6	Sat 7/7	Sun 7/8
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am Lexy	BodyPump™ 5:30 - 6:30 am CLOSED	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 Stayce	Fun & Fit 8:45 - 9:30 am Amber	Step Fusion 8:45 - 9:30 am CLOSED	Fun & Fit 8:45 - 9:30 am Amber		Zumba® 8:30 - 9:30 am Kaitlyn	
10:00 am	Tone Up 9:35 - 10:05 am Stayce	SS Circuit® 9:45 - 10:30 am Amber	Rock Bottom 9:35 - 10:05 am CLOSED	SS Circuit® 9:45 - 10:30 am Amber	Zumba® 9:00 - 10:00 am Andy		
11:00 am	Zumba® Gold 10:30 - 11:00 am No Class			Chair Yoga 10:45-11:30am Amber			
12:00 pm		BodyPump™ 12:15 - 1:00 pm Naomi		BodyPump™ 12:15 - 1:00 pm Alyssa			
1:00 pm	Sport Yoga 1:00 - 1:45 pm Chris		Sport Yoga 1:00 - 1:45 pm CLOSED				Zumba® 1:00 - 2:00 pm Kaitlyn
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Step It Up 4:30 - 5:10 pm Becky		Step It Up 4:30 - 5:10 pm CLOSED				
6:00 pm	Tone Up 5:15 - 5:45 pm TBD	A B C's 5:10 - 5:50 pm Jen M	Rock Bottom 5:15 - 5:45 pm CLOSED	A B C's 5:10 - 5:50 pm Jen M			
7:00 pm	Zumba® 6:00 - 6:45 pm Corey	Target Zone 6:00 - 6:45 pm Jen M	Zumba® 6:00 - 6:45 pm CLOSED	Zumba® 6:00 - 6:45 pm Kaitlyn			
8:00 pm	Kick Burn & Build 7:00 - 8:00 pm Jen M	BodyPump™ 7:00 - 8:00 pm Yvonne	Kick Burn & Build 7:00 - 8:00 pm CLOSED	BodyPump™ 7:00 - 8:00 pm Sandy			
9:00 pm							

Note: \$ symbol = Fee-Based Classes