

LARGE GROUP X ROOM - G2 SCHEDULE



June 25-July 1, 2018

	Mon 6/25	Tues 6/26	Wed 6/27	Thurs 6/28	Fri 6/29	Sat 6/30	Sun 7/1
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am TBD	BodyPump™ 5:30 - 6:30 am Naomi	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 Katelyn	
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 Brenda	Zumba® 9:00 - 10:00 am Kathryn		
	Zumba® Gold 10:30 - 11:00 am Tammy					BodyPump™ 9:45 - 10:45 am Katy J	
11:00 am				Chair Yoga 10:45-11:30am Brenda			BodyPump™ 10:15 - 11:15 am TBD
12:00 pm							
		BodyPump™ 12:15 - 1:00 pm Naomi		BodyPump™ 12:15 - 1:00 pm Yvonne			
1:00 pm	Sport Yoga 1:00 - 1:45 pm Cindy		Sport Yoga 1:00 - 1:45 pm Cindy				Zumba® 1:00 - 2:00 pm TBD
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Step It Up 4:30 - 5:10 pm Jen M		Step It Up 4:30 - 5:10 pm TBD				
	Tone Up 5:15 - 5:45 pm Jen M	A B C's 5:10 - 5:50 pm Ashley	Rock Bottom 5:15 - 5:45 pm TBD	A B C's 5:10 - 5:50 pm Chilly			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Target Zone 6:00 - 6:45 pm Susan	Zumba® 6:00 - 6:45 pm Corey	Zumba® 6:00 - 6:45 pm Corey			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm Yvonne	Kick Burn & Build 7:00 - 8:00 pm Jen M	BodyPump™ 7:00 - 8:00 pm Sandy			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes