

# LARGE GROUP X ROOM - G2 SCHEDULE



Nov.26-Dec. 2, 2018

	Mon   11/26	Tues   11/27	Wed   11/28	Thurs   11/29	Fri   11/30	Sat   12/1	Sun   12/2
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am Brittany	BodyPump™ 5:30 - 6:30 am Amanda	Zumba® 5:30 - 6:30 am Brittany	SunUp B.Pump™ 6:00 - 6:30 am Sandy		
7:00 am							
8:00 am							
9:00 am	POUND® 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Amber	Step Fusion 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Brenda	Zumba® 9:00 - 10:00 am Andy	Zumba® 8:30 - 9:30 am TBD	BodyPump™ 9:00 - 10:00 am TBD
10:00 am	BodyPump™ 9:40 - 10:25 am Lauren	SS Circuit® 9:45 - 10:30 am Amber	BodyPump™ 9:40 - 10:25am Tammy	SS Circuit® 9:45 - 10:30 am Brenda	BodyPump™ 10:15 - 11:15 am Amanda	BodyPump™ 9:45 - 10:45 am TBD	
	Zumba® Gold 10:30 - 11:00 am Tammy			Chair Yoga 10:45-11:30am Brenda			
11:00 am							
12:00 pm		BodyPump™ 12:15 - 1:00 pm Amanda		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				Zumba® 1:00 - 2:00 pm TBD
2:00 pm							
3:00 pm							
4:00 pm		Family Zumba 4:30-5:00 pm Kaitlyn					
5:00 pm	BodyPump™ 4:45 - 5:45 pm Alyssa	A B C's 5:10 - 5:50 pm Stayce	"FIT"by Choice 4:45 - 5:30 pm Stayce	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 Kaitlyn			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Naomi	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Sandy			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes