

# LARGE GROUP X ROOM - G2 SCHEDULE



October 1-7, 2018

	Mon   10/1	Tues   10/2	Wed   10/3	Thurs   10/4	Fri   10/5	Sat   10/6	Sun   10/7
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 Lexy	SunUp B.Pump™ 6:00 - 6:30 am Sandy		
7:00 am							
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 Amber	Zumba® 9:00 - 10:00 am Andy	Zumba® 8:30 - 9:30 am TBD	BodyPump™ 9:00 - 10:00 am Riley
10:00 am	BodyPump™ 9:40 - 10:25 am Lauren	SS Circuit® 9:45 - 10:30 am Brenda	BodyPump™ 9:40 - 10:25am Lauren	SS Circuit® 9:45 - 10:30 am Amber	BodyPump™ 10:15 - 11:15 am Amber	BodyPump™ 9:45 - 10:45 am Naomi	
	Zumba® Gold 10:30 - 11:00 am Tammy			Chair Yoga 10:45-11:30am Amber			
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 Brittany
2:00 pm							
3:00 pm							
4:00 pm	Step It Up 4:30 - 5:10 pm Becky	Family Zumba 4:30 - 5:00 pm Kaitlyn	Step It Up 4:30 - 5:10 pm Tammy				
5:00 pm	Tone Up 5:15 - 5:45 pm Riley	A B C's 5:10 - 5:50 pm Becky	Rock Bottom 5:15 - 5:45 pm Stacey	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 Brittany	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 Riley			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes