

LARGE GROUP X ROOM - G2 SCHEDULE



December 10-16, 2018

	Mon 12/10	Tues 12/11	Wed 12/12	Thurs 12/13	Fri 12/14	Sat 12/15	Sun 12/16
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 Tammy	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® 8:30 - 9:30 am Kaitlyn	BodyPump™ 9:00 - 10:00 am Yvonne
10:00 am	BodyPump™ 9:40 - 10:25 am Amber	SS Circuit® 9:45 - 10:30 am Brenda	BodyPump™ 9:40 - 10:25am Alyssa	SS Circuit® 9:45 - 10:30 am Amber	Zumba® 9:00 - 10:00 am Andy	BodyPump™ 9:45 - 10:45 am Amanda	
11:00 am	Zumba® Gold 10:30 - 11:00 am Tammy			Chair Yoga 10:45-11:30am Amber	BodyPump™ 10:15 - 11:15 am Amanda		
12:00 pm		BodyPump™ 12:15 - 1:00 pm Yvonne		BodyPump™ 12:15 - 1:00 pm Tammy			
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 Corey
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 TBD	"FIT" by Choice 4:45-5:30 pm Riley	A B C's 5:10- 5:50 pm Stayce			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Target Zone 6:00 - 6:45 pm Susan	Zumba® 6:00 - 6:45 pm Kaitlyn	Zumba® 6:00 - 6:45 pm Corey			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Sandy	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Alyssa			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes