

LARGE GROUP X ROOM - G2 SCHEDULE



CHOICE
HEALTH & FITNESS

April 8-14, 2019

	Mon 4/8	Tues 4/9	Wed 4/10	Thurs 4/11	Fri 4/12	Sat 4/13	Sun 4/14
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Amanda	Zumba® 5:30 - 6:30 am Lexy	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am Brittany	SunUp B.Pump™ 6:00 - 6:30 am Amanda		
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 Amber		Zumba® 8:30 - 9:30 am Brittany	BodyPump™ 9:00 - 10:00 am Sandy
	BodyPump™ 9:40 - 10:25 am Lauren		BodyPump™ 9:40 - 10:25 am Amber		Zumba® 9:00 - 10:00 am Kaitlyn		
10:00 am		SS Circuit® 9:45 - 10:30 am Amber		SS Circuit® 9:45 - 10:30 am Amber		BodyPump™ 9:45 - 10:45 am Alyssa	
	Zumba® Gold 10:30 - 11:00 am Tammy				BodyPump™ 10:15 - 11:15 am Yvonne		
11:00 am				Chair Yoga 10:45-11:30am TBD			
12:00 pm		BodyPump™ 12:15 - 1:00 pm Yvonne		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 Chris				Zumba® 1:00 - 2:00 pm Brittany
2:00 pm							
3:00 pm							
4:00 pm		Family Zumba 4:30-5:00 pm Kaitlyn					
5:00 pm	BodyPump™ 4:45-5:30 pm Alyssa	A B C's 5:10- 5:50 pm Riley	"FIT"by Choice 4:45 - 5:30 pm Stayce	A B C's 5:10- 5:50 pm Stayce			
6:00 pm	Zumba® 6:00-6:45 pm Corey	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 Corey	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