

# **PIVOTAL FITNESS DOWNTOWN SCHEDULE**

## **Cycle**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AFTERNOON/EVENING</b>							
6:00p		STUDIO CYCLE JIM		STUDIO CYCLE JIM			

## **Yoga/Barre**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
8:00a							
8:30a							
9:00a							
9:15a							
9:30a	BARRE ELI		BARRE ELI		BARRE ELI		
9:45a							
10:00a							
12:15p	WARRIOR FLOW KATHERINE	BARRE	WARRIOR FLOW KAITLIN	BARRE	WARRIOR FLOW KAITLIN		
<b>AFTERNOON/EVENING</b>							
3:00p							
4:15p							
4:30p							
5:45p	WARRIOR FLOW KATHERINE	ALL LEVEL YOGA CELIA	SOLAR FLOW JOE	WARRIOR FLOW MICHELLE			
6:30p							
7:00p							

## Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:30a							
6:00a	REDZONE ROBERT		REDZONE MEGAN		REDZONE ROB		
8:00a		REDZONE COMBAT YANCEY		REDZONE MEGAN			
8:30a							
9:00a	REDZONE ROBERT		REDZONE MEGAN		REDZONE ROB		
9:15a							
9:30a						REDZONE	
9:45a							
11:00a		REDZONE YANCEY		REDZONE MEGAN			
12:00p	REDZONE ROBERT		REDZONE MEGAN		REDZONE ROB		
<b>AFTERNOON/EVENING</b>							
3:00p							
4:15p							
4:30p							
5:30p		REDZONE ROBERT		REDZONE MEGAN			
6:00p	REDZONE MEGAN		REDZONE ROBERT				
7:00p							