

# PIVOTAL FITNESS CLASS SCHEDULES – MAY 2018

## Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
8:30a		Cardio Strength CASEY		Cardio Strength JENNIE		Dance Jam CHRIS	
9:30a	Body Pump LAURA		Body Pump LAURA	Cardio Step LAURA			
9:45a						Body Pump RENAE	
10:30a	Core de Force JENNIE		Dance Jam KARISSA	Dance Jam RYAN	Zumba KIRK		Dance Jam KARISSA
11:00a							
<b>AFTERNOON/EVENING</b>							
12:00p	Tread N Shed 30 JENNIE			Dance Jam 30 RYAN			
5:00p	Body Pump RENAE	Step LAURA	Core Cuts 30 JENNIE				
5:30p			Core de Force JENNIE				
6:00p	Dance Jam CHRIS			Definitions HEATHER S			
6:30p		Zumba JACKIE					
7:00p				Dance Jam HEATHER S			

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## Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:00a			Cycle 30 RENAE				
5:30a		Cycle RENAE		Cycle TRISH			
8:30a	Cycle JAMIE		Cycle JAMIE		Cycle DONNA	Cycle MARK	
9:30a							Cycle RENAE
10:00a							
11:00a							
<b>AFTERNOON/EVENING</b>							
12:00p					Cycle 30 RENAE		
5:00p				Cycle RENAE			
5:30p		Cycle TRISH					
6:00p	Cycle RENAE		Cycle MARK				

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## *Yoga/Barre*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:30a			Core Cuts 30 RENAE				
8:30a							
9:30a	Barre SARAH	Barre HEATHER	Yoga KORIN	Pilates/Barre Fusion KELLI		Barre HEATHER	
10:30a							
11:00a							
<b>AFTERNOON/EVENING</b>							
12:00p			Barre 30				
4:30p			Barre ELI	Core Cuts 30 RENAE			
5:00p					Barre HEATHER		
6:00p	Barre HEATHER	Yoga ALYSSA		Yoga KORIN			
6:30p							
7:00p	Yoga KORIN		Yoga ALYSSA				