

## Group Fitness-Summer 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
9:30a		Bodypump Angie	Core Cuts Tiffany		Deep Stretch Fred 30min. 7/13&7/2 7		
9:45a				Bodypump Tiffany			
10:30a						Bodypump Lauren	
<b>AFTERNOON/EVENING</b>							
4:15p		Bodypump Tiffany		Bodypump Angie	Summer Shred Tiffany		
5:30p	Summer Shred Karen	Funk N Weights Angelo	Bodypump Tiffany	Funk N Weights Angelo			
6:30p	Zumba Michelle						

## Cycle-Summer 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
6:00a		Cycle 60 Brett		Cycle 60 Lauren J.			
8:30a					Summer Shred Cycle Angie	Cycle 60 Lauren	
9:00a	Cycle 30 Angie		Cycle 30 Angie				
<b>AFTERNOON/EVENING</b>							
4:30p	Cycle 30 Tiffany						
6:00p		Cycle 45 Tiffany		Cycle 30 Lauren			

## Yoga/Barre-Summer 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
8:30a	Barre Ashley	Yoga Celia		Yoga Cherish		Yoga Joe	
9:30a	Barre Ashley		Barre Ashley		Barre Ashley		
9:45a		Barre Eli		Barre Eli		Barre Eli	
<b>AFTERNOON/EVENING</b>							
4:30p	Barre Sara		Barre Sara				
5:00p							Yoga Kelly
5:30p	Barre Eli	Barre Kelly	Barre Kelly	Barre Kelly			
6:30p		Yoga Megan					

## REDZONE-Summer 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>							
5:30a	Redzone Paul		Redzone Yancey				
8:30a	Redzone Tiffany	Redzone Fred	Redzone Yancey	Redzone Tiffany			
9:30a						Redzone Tiffany	
9:45a	Redzone Angie	Redzone Combat Fred 7/3,17,31			Redzone Lauren		
10:30a							Redzone Rob
<b>AFTERNOON/EVENING</b>							
4:15p	Redzone Lauren		Redzone Yancey				
5:30p	Redzone Tiffany	Redzone Angie	Redzone Yancey	Redzone Rob	Redzone Lauren		