

September Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:00a							
8:30a						Dance Jam CHRIS	
9:30a	Body Pump LAURA		Body Pump LAURA	Cardio Step LAURA	Cardio Strength JENNIE		
9:45a						Body Pump RENAE	
10:30a		Zumba BROOKE	Dance Jam KARISSA	Dance Jam RYAN			Dance Jam KARISSA
11:00a							
AFTERNOON/EVENING							
12:00p							
5:00p	Body Pump RENAE	Step LAURA					
5:30p			GRIT JENNIE	Body Pump JORDAN			
6:00p	Dance Jam CHRIS	Body Combat 30 JORDAN					
6:30p		Zumba JACKIE	Zumba JACOB	Zumba HEATHER S			
7:00p							

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a			Core Cuts 30 RENAE				
8:30a							
9:30a		Barre HEATHER M	Yoga KORIN	Pilates/Barre Fusion KELLI		Barre HEATHER M	
10:30a	Yoga TANYA						
11:00a							
AFTERNOON/EVENING							
2:30p							Yoga CINDY
4:30p		Core Cuts 30 RENAE	Barre HEATHER J	Core Cuts 30 RENAE			
5:00p					Barre HEATHER M		
6:00p	Barre HEATHER M	Yoga ALYSSA		Yoga KORIN			
6:45p			Yoga ALYSSA				
7:00p	Yoga KORIN						

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a							
8:00a							
8:30a	REDZONE TAYLOR		REDZONE YANCEY		REDZONE YANCEY	REDZONE YANCEY	
9:30a	REDZONE TAYLOR	REDZONE YANCEY	REDZONE YANCEY	REDZONE YANCEY	REDZONE YANCEY		
9:45a							
10:30a							
11:00a							
12:00pm							
AFTERNOON/EVENING							
3:00p							
4:30p	REDZONE YANCEY		REDZONE YANCEY		REDZONE YANCEY		
5:45p	REDZONE YANCEY		REDZONE YANCEY				
6:00p		REDZONE YANCEY		REDZONE YANCEY			
6:30p							
7:00p							

Forge

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:00a	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA		
6:00a							
8:00a	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA	FORGE LAURA		
8:15a						FORGE JASON	
10:00a							
AFTERNOON/EVENING							
3:00p							
4:30p							
5:00p	FORGE KYLIE	FORGE KYLIE	FORGE KYLIE	FORGE JASON	FORGE KYLIE		
6:00p	FORGE KYLIE	FORGE KYLIE	FORGE KYLIE				
7:00p							