



October

Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a - 9:00a BODYPUMP -Jennifer-	8:00a - 9:00a CYCLE -Liane-	8:00a - 9:00a BODYFLOW -Kathie-	8:00a - 9:00a CYCLE -Erica N-	8:00a - 9:00a BODYFLOW -Cindy or Janet-	8:00a - 9:00a BODYPUMP -Erica-
9:30a - 10:30a BARRE -Janet or Cindy-	9:30a - 10:30a BODYCOMBAT -Jess-	9:30a - 10:30a BODYSTEP -Lisa-	9:30a - 10:30a BODYPUMP -Lisa-	9:30a - 10:30a BODYPUMP -Jennifer or Kathie-	
5:30p - 6:30p CYCLE -Vance or Bob-	5:30p - 6:30p WERQ -Natalie-	5:30p - 6:30p BODYPUMP -Nancy-			