

Group Fitness LIVE Class Schedule

Studio 1 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 5:30am-6:30am Leslie	BodyStep 5:30am-6:30am Laura	BodyPump 5:30am-6:30am Leslie	BodyStep 5:30am-6:30am Laura	BodyPump 5:30am-6:30am Leslie	BodyPump 7:30am-8:30am Heather	BodyPump 2:30pm-3:30pm Ashley
CORE 8:35am-9:05am Chelsie	BodyAttack 8:30am-9:00am Heather	CORE 8:35am-9:05am Chelsie	BodyAttack 8:30am-9:00am Lynn	CORE 8:35am-9:05am Chelsie	Grit 8:35am-9:05am Ashley	TONE 3:30pm-4:00pm Ashley
FP-Fusion 9:15am-10:15am Stephanie	BodyPump 9:15am-10:15am Chelsie	FP-Fusion 9:15am-10:15am Stephanie	BodyPump 9:15am-10:15am Chelsie	FP-Fusion 9:15am-10:15am Stephanie	BodyFlow 9:15am-10:15am Leslie	BodyFlow 4:30pm-5:30pm Chelsie
BodyPump 10:30am-11:30am Megan	BodyFlow 10:30am-11:30am Megan	BodyPump 10:30am-11:30am Megan	BodyFlow 10:30am-11:30am Megan	BodyPump 10:30am-11:30am Megan		
BodyFlow 4:30pm-5:30pm Kristin	BodyPump 4:30pm-5:25pm Ashley	BodyFlow 4:30pm-5:30pm Kristin	BodyPump 4:30pm-5:25pm Holly	TONE 5:15pm-5:45pm Ashley		
BodyPump 5:45pm-6:45pm Holly	CORE 5:30pm-6:00pm Leslie	BodyPump 6:00pm-7:00pm Lynn	CORE 5:30pm-6:00pm Leslie	BodyPump 6:00pm-6:45pm Ashley		
BodyFlow 7:00pm-7:45pm Leslie	Grit Str/Cardio 6:05pm-6:35pm Alok		Grit Str/Cardio 6:05pm-6:35pm Alok			
	BodyAttack 6:45pm-7:30pm Lynn		BodyFlow 6:45pm-7:45pm Kristin			

Studio 2 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM 9:15am-10:05am Marti	SPRINT 8:30am - 9:00am Michelle	RPM 9:15am-10:05am Marti	SpinSpiration 8:30am-9:00am JB	RPM 9:15am-10:05am Marti	SPRINT 8:00am - 8:30am Michelle	Top Gear 12:00pm-12:45pm Alok
RPM 6:00pm-6:50pm Tom	SpinSpiration 6:00pm-6:40pm JB		RPM 6:00pm-6:50pm Tom			

Group Fitness LIVE Class Schedule

Studio 3 Schedule

Manday	Tuesday	Wednesday	Thursday	Friday	Saturday
BodyStep 9:15am-10:15am Chelsie	BodyFlow 5:15am-6:10am Holly	Grit 8:30am-9:00am Stephanie	BodyFlow 5:15am-6:10am Holly	BodyStep 9:15am-10:15am Chelsie	Barre 8:00am-8:30am Leslie
Zumba 10:30am-11:30am Melanie	Heart & Soul 8:15am-9:15am Marti	BodyStep 9:15am-10:15am Chelsie	Heart & Soul 8:15am-9:15am Marti	BodyFlow 10:30am-11:30am Chelsie	CORE 8:35am-9:05am Leslie
TONE 4:30pm-5:15pm Ashley	Barre 10:30am-11:00am Chelsie	Zumba 10:30am-11:30am Melanie	BodyCombat 5:45pm-6:45pm Ashley		BodyCombat 9:10am-10:10am Rebecca
BodyStep 5:45pm-6:45pm Beth	BodyCombat 5:45pm-6:45pm Rebecca	BodyAttack 4:30pm-5:15pm Beth	Zumba 7:00pm-8:00pm Melanie		
WERQ 7:00pm-7:45pm Natalie	Zumba 7:00pm-8:00pm Melanie	BodyStep 5:45pm-6:30pm Amanda			

Senior/Banquet Room Schedule

Manday	Tuesday	Wednesday	Thursday	Friday
Fit Life for Seniors 9:30am-10:15am Megan	Total Rx 9:30am-10:15am Marti	Fit Life for Seniors 9:30am-10:15am Megan	Total Rx 9:30am-10:15am Marti	Fit Life for Seniors 9:30am-10:15am Valerie
	Kids on the Move 5:45pm-6:45pm Ashley		Kids on the Move 5:45pm-6:45pm Ashley	

Outdoor/Track Schedule

Manday	Tuesday	Wednesday	Thursday	Friday
	Walk it Off 11:30am-12:00pm Nicole		Walk it Off 11:30am-12:00pm Nicole	

**Classes, times, instructors subject to change. Please call 444-8222 x23 with any questions. Updated schedules are also available on our website at www.fivepointswashington.org