

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 | BodyBalance 9:15am-10:15am Leslie | |
| BodyPump 10:30am-11:30am Megan | BodyBalance 10:30am-11:30am Megan | BodyPump 10:30am-11:30am Megan | BodyBalance 10:30am-11:30am Megan | BodyPump 10:30am-11:30am Megan | | |
| BodyFlow 4:30pm-5:30pm Kristin | BodyPump 4:30pm-5:25pm Ashley | BodyBalance 4:30pm-5:30pm Kristin | BodyPump 4:30pm-5:25pm Holly | BodyPump 6:00pm-6:45pm 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 | | | |
| BodyBalance 7:00pm-7:45pm Leslie | Grit Str/Cardio 6:05pm-6:35pm Alok | | Grit Str/Cardio 6:05pm-6:35pm Alok | | | |
| | | | BodyBalance 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 Michelle | SpinSpiration 6:00pm-6:40pm JB | RPM 6:00pm-6:50pm Michelle | | | | |

Group Fitness LIVE Class Schedule

Studio 3 Schedule

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

Senior/Banquet Room Schedule

| Monday | 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 Yoga 4:30pm-5:00pm Marti | | Kids on the Move 5:45pm-6:45pm Ashley | |
| | Kids Rock 5:00pm-5:30pm SydneyRae | | | |

**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