

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	
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		
BodyBalance 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		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		RPM 6:00pm-6:50pm Michelle				