

Group Fitness LIVE Class Schedule

Studio 1 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 5:30am-6:30am Leslie	CORE 5:15am-5:45am Leslie	BodyPump 5:30am-6:30am Leslie	CORE 5:15am-5:45am Leslie	BodyPump 5:30am-6:30am Leslie	BodyPump 7:30am-8:30am Megan	BodyPump 2:30pm-3:15pm Ashley
SHAPES 7:00am-7:45am Leslie	BodyStep 5:45am-6:30am Beth	CORE 8:35am-9:05am Chelsie	BodyStep 5:45am-6:30am Beth	CORE 8:35am-9:05am Chelsie	Grit 8:35am-9:05am Ashley	
CORE 8:35am-9:05am Chelsie	BodyPump 7:15am-8:00am Beth	BodyStep 9:15am-10:15am Chelsie	BodyPump 7:15am-8:00am Beth	BodyStep 9:15am-10:15am Chelsie	BodyBalance 9:15am-10:15am Leslie	
BodyStep 9:15am-10:15am Chelsie	BodyAttack 8:30am-9:00am Heather	BodyPump 10:30am-11:30am Heather	BodyAttack 8:30am-9:00am Lynn	BodyPump 10:30am-11:30am Heather		
BodyPump 10:30am-11:30am Heather	BodyPump 9:15am-10:15am Chelsie	BodyAttack 5:00pm-5:30pm Beth	BodyPump 9:15am-10:15am Chelsie	Strength Dev 6:00pm-6:45pm Ashley		
Strength Dev 11:45am-12:30pm Chelsie	BodyBalance 10:30am-11:30am Chelsie	BodyPump 6:00pm-7:00pm Lynn	BodyBalance 10:30am-11:30am Chelsie			
BodyAttack 5:00pm-5:30pm Beth/Heather	BodyPump 4:30pm-5:15pm Ashley		BodyPump 4:30pm-5:25pm Holly			
BodyPump 5:45pm-6:45pm Holly	CORE 5:30pm-6:00pm Heather		CORE 5:35pm-6:05pm Heather			
	Grit Str/Cardio 6:05pm-6:35pm Alok		Grit Str/Cardio 6:10pm-6:40pm Alok			
			BodyBalance 6:45pm-7:45pm Kristin			

Studio 2 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM 9:15am-10:05am Marti		RPM 9:15am-10:05am Marti		RPM 9:15am-10:05am Marti	SPRINT 8:00am - 8:30am Michelle	Top Gear 9:00am-9:45am Alok
SPRINT 6:05pm-6:35pm Michelle		SPRINT 6:05pm-6:35pm Michelle				

Group Fitness LIVE Class Schedule

Studio 3 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grit 8:30am-9:00am Stephanie	BodyBalance 5:15am-6:10am Holly	FP-Fusion 9:15am-10:15am Stephanie	BodyBalance 5:15am-6:10am Holly	Grit 8:30am-9:00am Heather	SHAPES 8:15am-9:00am Leslie
FP-Fusion 9:15am-10:15am Stephanie	Heart & Soul 8:15am-9:00am Marti	Zumba 10:30am-11:30am Melanie	Heart & Soul 8:15am-9:00am Marti	FP-Fusion 9:15am-10:15am Stephanie	BodyCombat 9:15am-10:00am Rebecca/Ashley
Zumba 10:30am-11:30am Melanie	BodyCombat 5:45pm-6:45pm Rebecca	BodyBalance 4:30pm-5:30pm Kristin	Total Body Trifecta 9:15am-10:00am Lynn	BodyBalance 10:30am-11:15am Marti	
BodyBalance 4:30pm-5:30pm Kristin	Zumba 7:00pm-8:00pm Melanie	BodyStep 5:45pm-6:30pm Amanda	BodyCombat 5:45pm-6:45pm Ashley		
BodyStep 5:45pm-6:30pm Amanda			Zumba 7:00pm-8:00pm Melanie		

Senior/Banquet Room Schedule

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

**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