

# Group Fitness LIVE Class Schedule

## Studio 1 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyPump</b> 5:30am-6:30am Leslie	<b>CORE</b> 5:15am-5:45am Leslie	<b>BodyPump</b> 5:30am-6:30am Leslie	<b>CORE</b> 5:15am-5:45am Leslie	<b>BodyPump</b> 5:30am-6:30am Leslie	<b>BodyPump</b> 7:30am-8:30am Megan	<b>BodyPump</b> 2:30pm-3:15pm Ashley
<b>SHAPES</b> 7:00am-7:45am Leslie	<b>BodyStep</b> 5:45am-6:30am Beth	<b>CORE</b> 8:35am-9:05am Chelsie	<b>BodyStep</b> 5:45am-6:30am Beth	<b>CORE</b> 8:35am-9:05am Chelsie	<b>Grit</b> 8:35am-9:05am Ashley	<b>PILATES</b> 3:30pm-4:15pm Leslie/Chelsie
<b>CORE</b> 8:35am-9:05am Chelsie	<b>BodyPump</b> 7:15am-8:00am Beth	<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>BodyPump</b> 7:15am-8:00am Beth	<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>BodyBalance</b> 9:15am-10:15am Leslie	
<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>BodyAttack</b> 8:30am-9:00am Heather	<b>BodyPump</b> 10:30am-11:30am Heather	<b>BodyAttack</b> 8:30am-9:00am Lynn	<b>BodyPump</b> 10:30am-11:30am Heather		
<b>BodyPump</b> 10:30am-11:30am Heather	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>BodyAttack</b> 4:45pm-5:15pm Beth	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>Strength Dev</b> 6:00pm-6:45pm Ashley		
<b>Strength Dev</b> 11:45am-12:30pm Chelsie	<b>BodyBalance</b> 10:30am-11:30am Chelsie	<b>CORE</b> 5:20pm-5:50pm Heather	<b>BodyBalance</b> 10:30am-11:30am Chelsie			
<b>BodyAttack</b> 4:45pm-5:15pm Beth/Heather	<b>BodyPump</b> 4:30pm-5:15pm Ashley	<b>BodyPump</b> 6:00pm-7:00pm Lynn	<b>BodyPump</b> 4:30pm-5:20pm Holly			
<b>CORE</b> 5:20pm-5:50pm Heather	<b>CORE</b> 5:30pm-6:00pm Heather		<b>CORE</b> 5:30pm-6:00pm Heather			
<b>BodyPump</b> 6:00pm-6:45pm Holly	<b>Grit Str/Cardio</b> 6:05pm-6:35pm Alok		<b>Grit Str/Cardio</b> 6:05pm-6:35pm Alok			
			<b>BodyBalance</b> 6:45pm-7:45pm Kristin			

## Studio 2 Schedule

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

# Group Fitness LIVE Class Schedule

## Studio 3 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Grit</b> 8:30am-9:00am Stephanie	<b>BodyBalance</b> 5:15am-6:10am Holly	<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>BodyBalance</b> 5:15am-6:10am Holly	<b>Grit</b> 8:25am-8:55am Heather	<b>SHAPES</b> 8:15am-9:00am Leslie
<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>Heart &amp; Soul</b> 8:15am-9:00am Marti	<b>Zumba</b> 10:30am-11:30am Melanie	<b>Heart &amp; Soul</b> 8:15am-9:00am Marti	<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>BodyCombat</b> 9:15am-10:00am Rebecca/Ashley
<b>Zumba</b> 10:30am-11:30am Melanie	<b>BodyCombat</b> 5:45pm-6:45pm Rebecca	<b>BodyBalance</b> 4:30pm-5:30pm Kristin	<b>Total Body Trifecta</b> 9:15am-10:00am Lynn	<b>BodyBalance</b> 10:30am-11:15am Marti	
<b>BodyBalance</b> 4:30pm-5:30pm Kristin	<b>Zumba</b> 7:00pm-8:00pm Melanie		<b>BodyCombat</b> 5:45pm-6:45pm Ashley		
<b>BodyStep</b> 5:45pm-6:30pm Amanda			<b>Zumba</b> 7:00pm-8:00pm Melanie		

## Senior/Banquet Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fit Life for Seniors</b> 9:30am-10:15am Lynn	<b>Total Rx</b> 9:30am-10:15am Marti	<b>Fit Life for Seniors</b> 9:30am-10:15am Valerie	<b>Total Rx</b> 9:30am-10:15am Marti	<b>Fit Life for Seniors</b> 9:30am-10:15am JB
<b>Kids on the Move</b> 5:45pm-6:45pm Ashley			<b>Kids on the Move</b> 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](http://www.fivepointswashington.org)