

5/24/26 SUMMER 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>SHAPES</b> 5:15am-5:45am Leslie	<b>BodyPump</b> 5:30am-6:30am Leslie	<b>BodyPump</b> 7:15am-8:15am Megan	<b>BodyPump</b> 2:30pm-3:15pm Ashley
<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>BodyStep</b> 5:45am-6:30am Beth	<b>CORE</b> 8:35am-9:05am Chelsie	<b>SHAPES</b> 8:25am-9:10am Leslie	<b>BodyBalance</b> 3:30pm-4:15pm Heather
<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>BodyPump</b> 7:15am-8:00am Beth	<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>BodyBalance</b> 9:20am-10:15am Leslie	
<b>BodyPump</b> 10:30am-11:30am Hadley	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>BodyPump</b> 10:30am-11:30am Kerry	<b>BodyAttack</b> 8:30am-9:00am Lynn	<b>BodyPump</b> 10:30am-11:30am Hadley		
<b>Strength Dev</b> 11:45am-12:30pm Chelsie	<b>BodyBalance</b> 10:30am-11:30am Chelsie	<b>Strength Dev</b> 4:30pm-5:15pm Beth	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>PILATES</b> 5:00pm-5:45pm Leslie		
<b>BodyAttack</b> 4:45pm-5:15pm Beth	<b>BodyPump</b> 4:30pm-5:15pm Ashley	<b>CORE</b> 5:20pm-5:50pm Beth	<b>BodyBalance</b> 10:30am-11:30am Chelsie	<b>Strength Dev</b> 6:00pm-6:45pm Ashley		
<b>CORE</b> 5:20pm-5:50pm Beth	<b>SHAPES</b> 5:20pm-6:00pm Heather	<b>BodyPump</b> 6:00pm-7:00pm Lynn	<b>BodyPump</b> 4:30pm-5:25pm Holly			
<b>BodyPump</b> 6:00pm-6:45pm Holly	<b>Grit Strength</b> 6:05pm-6:35pm Chris		<b>SHAPES</b> 5:30pm-6:15pm Heather			

## 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>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>FP-Fusion</b> 9:15am-10:15am 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>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>GRIT</b> 8:35am-9:05am Heather
<b>Zumba</b> 10:30am-11:15am Melanie	<b>Heart &amp; Soul</b> 8:15am-9:00am Marti	<b>Zumba</b> 10:30am-11:15am Melanie	<b>Heart &amp; Soul</b> 8:15am-9:00am Marti	<b>BodyBalance</b> 10:30am-11:15am Marti	<b>BodyCombat</b> 9:15am-10:00am Rebecca
<b>BodyBalance</b> 4:30pm-5:30pm Kristin	<b>BodyCombat</b> 5:45pm-6:45pm Rebecca		<b>BodyCombat</b> 5:45pm-6:45pm Ashley		
<b>BodyStep</b> 5:45pm-6:30pm Bonnie	<b>Zumba</b> 7:00pm-7:45pm Melanie		<b>Zumba</b> 7:00pm-7:45pm 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 JB	<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-6:30pm Will			<b>Kids on the Move</b> 6:00pm-6:45pm Will	

\*\*Classes, times, instructors subject to change. Please email [lesliea@fivepointswashington.org](mailto:lesliea@fivepointswashington.org) with any questions. Updated schedules are also available on our website at [www.fivepointswashington.org](http://www.fivepointswashington.org)