

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

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	
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
FP-Fusion 9:15am-10:15am Stephanie	BodyBalance 5:15am-6:10am Holly	FP-Fusion 9:15am-10:15am Stephanie	BodyBalance 5:15am-6:10am Holly	FP-Fusion 9:15am-10:15am Stephanie	GRIT 8:35am-9:05am Heather
Zumba 10:30am-11:15am Melanie	Heart & Soul 8:15am-9:00am Marti	Zumba 10:30am-11:15am Melanie	Heart & Soul 8:15am-9:00am Marti	BodyBalance 10:30am-11:15am Marti	BodyCombat 9:15am-10:00am Rebecca
BodyBalance 4:30pm-5:30pm Kristin	BodyCombat 5:45pm-6:45pm Rebecca		BodyCombat 5:45pm-6:30pm Ashley		
BodyStep 5:45pm-6:30pm Bonnie	Zumba 7:00pm-7:45pm Melanie		Zumba 7:00pm-7:45pm Melanie		

Senior/Banquet Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Fit Life for Seniors 9:30am-10:15am Lynn	Total Rx 9:30am-10:15am Marti	Fit Life for Seniors 9:30am-10:15am JB	Total Rx 9:30am-10:15am Marti	Fit Life for Seniors 9:30am-10:15am JB
Kids on the Move 5:45pm-6:30pm Will			Kids on the Move 6:00pm-6:45pm Will	

**Classes, times, instructors subject to change. Please email lesliea@fivepointswashington.org with any questions. Updated schedules are also available on our website at www.fivepointswashington.org