10/28/26 FALL 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	**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	**Ceremony Hyrox** 3:30pm-4:15pm Ashley
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		
BodyAttack 4:45pm-5:15pm Beth	**BodyPump** 9:15am-10:15am Chelsie	**Strength Dev** 4:30pm-5:15pm Beth	**BodyPump** 915am-10:15am Chelsie	**ZUMBA** 11:35am-12:20pm Bonnie		
CORE 5:20pm-5:50pm Beth	**BodyBalance** 10:30am-11:30am Chelsie	**CORE** 5:20pm-5:50pm Beth	**BodyBalance** 10:30am-11:30am Chelsie	**PILATES** 5:00pm-5:45pm Leslie/Heather		
BodyPump 6:00pm-6:45pm Holly	**BodyPump** 4:30pm-5:15pm Ashley	**BodyPump** 6:00pm-7:00pm Lynn	**BodyPump** 4:30pm-5:25pm Holly	**Strength Dev** 6:00pm-6:45pm Ashley		
	SHAPES 5:30pm-6:10pm Heather		**SHAPES** 5:30pm-6:15pm Heather			
	Grit Strength 6:15pm-6:45pm Heather					

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				

10/28/26 FALL SCHEDULE

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 Bonnie	**Heart & Soul** 8:15am-9:00am Marti	**Zumba** 10:30am-11:15am Bonnie	**Heart & Soul** 8:15am-9:00am Marti	**BodyBalance** 10:30am-11:15am Marti	**BodyCombat** 9:15am-10:00am Rebecca
Strength Dev 11:20am-12:05pm Chelsie	**BodyCombat** 5:45pm-6:45pm Rebecca		**BodyCombat** 6:15pm-6:45pm Ashley		
BodyBalance 4:30pm-5:30pm Kristin	**UP BEAT!** 6:55pm-7:30pm JB				
BodyStep 5:45pm-6:30pm Bonnie					

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 6:00pm-6:45pm 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