

GROUP FITNESS in STUDIO A
Jan-18



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|---|---|--|
| | | 1 | 2 | 3 | 4 | 5 |
| | | CLOSED | 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 X TRAINING Clovis 12:00 RIDE/SCULPT Chantal 5:30 HI LO Shelly 6:30 RIDE Shelly 7:45 BARS & BELLS Martha | 6:15 HIIT Jillian 9:30 CSY Shannon 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 5:30 Ride/Sculpt/Stretch Clovis 6:45 CALORIE BLAST Clovis | 6:15 RIDE Rebecca 9:30 4 X 4 Marci 11:15 ZUMBA Darolyn 12:15 RIDE Chantal 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn | 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Shannon 9:00 HI LO Shelly 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Rebecca | 8:30 RIDE/CORE/STRETCH Marci 9:30 CIRCUIT Clovis 10:30 ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 1:00 PACE Kailey 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Olivia 7:15 CORE BOOT CAMP Martha | 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 X TRAINING Rachel 12:00 RIDE/SCULPT Clovis 5:30 HIGH FITNESS Lauren 6:30 RIDE Barb 7:45 BARS & BELLS Martha | 6:15 HIIT Jillian 9:30 CSY Marci 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Kailey 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Enver | 6:15 RIDE Chantal 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn | 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Shannon 9:00 ZUMBA Darolyn 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Shelly | 8:30 RIDE/CORE/STRETCH Marci 9:30 CIRCUIT Clovis 10:30 ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Rebecca 7:15 CORE BOOT CAMP Martha | 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 X TRAINING Clovis 12:00 RIDE/SCULPT Clovis 2:00 DRUMS ALIVE Darolyn 5:30 HIGH FITNESS Lauren 6:30 RIDE Shelly 7:45 BARS & BELLS Martha | 6:15 HIIT Jillian 9:30 CSY Rachel 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Kailey 2:00 LINE DANCING Darolyn 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Enver | 6:15 RIDE Rebecca 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn | 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Shannon 9:00 HI LO Shelly 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Rebecca | 8:30 RIDE/CORE/STRETCH Marci 9:30 CIRCUIT Clovis 10:30 ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Olivia 6:15 RIDE Rebecca 7:15 CORE BOOT CAMP Martha | 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Shannon 9:30 X TRAINING Rachel 12:00 RIDE/SCULPT Clovis 2:00 DRUMS ALIVE Darolyn 5:30 HIGH FITNESS Lauren 6:30 RIDE Barb 7:45 BARS & BELLS Martha | 6:15 HIIT Jillian 9:30 CSY Marci 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Kailey 2:00 LINE DANCING Darolyn 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Enver | 6:15 RIDE Chantal 9:30 4 X 4 Mandy 11:15 ZUMBA Darolyn 12:15 RIDE Marci 4:30 CALORIE BLAST Clovis 5:30 ZUMBA Darolyn | 8:55 BARS & BELLS Clovis 10:00 KICK Sam 11:15 RIDE/SCULPT Rachel |
| 27 | 28 | 29 | 30 | 31 | | |
| | 6:15 RIDE/SCULPT/YOGA Rebecca 8:30 SCULPT Shelly 9:00 ZUMBA Darolyn 10:00 B & B Clovis 11:00 HIGH FITNESS Lauren 12:00 RIDE Shelly | 8:30 RIDE/CORE/STRETCH Marci 9:30 CIRCUIT Clovis 10:30 ZUMBA Darolyn 11:15 GENTLE FIT Sam 12:00 HIIT Marci 2:00 CLOGGING Darolyn 5:00 STRENGTH CIRCUIT Marci 6:15 RIDE Rebecca 7:15 CORE BOOT CAMP Martha | 6:15 BARS & BELLS Rachel 8:30 CIRCUIT Marci 9:30 X TRAINING Clovis 12:00 RIDE/SCULPT Clovis 2:00 DRUMS ALIVE Darolyn 5:30 HIGH FITNESS Lauren 6:30 RIDE Shelly 7:45 BARS & BELLS Martha | 6:15 HIIT Jillian 9:30 CSY Shannon 11:15 GENTLE FIT Sam 12:00 BARS & BELLS Clovis 1:00 PACE Kailey 2:00 LINE DANCING Darolyn 5:30 Ride/Sculpt/Stretch Enver 6:45 CALORIE BLAST Enver | | |