

GROUP FITNESS in STUDIO A  
Feb-19



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