



FITNESS CONNECTION GROUP FITNESS SCHEDULE

the week of January 7th -13th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am	TEMPO BOOTCAMP Rosalie 8:30-9:25 CIRCUIT CITY JoAnne 9:30-10:25	SCULPT Helena 8:30-9:25 ZUMBA Mariela 9:30-10:25	STEP & STRENGTH Rosalie 8:30-9:25 PILATES Debbie 9:30-10:25	SPIN & ABS Kim 7:45-8:40 CONDITIONING BOOTCAMP Lea 8:35-9:30 HATHA YOGA Matt (sub: Debbie) 9:45-10:40	TOTAL BODY CIRCUITS Rosalie 8:30-9:25 *CORE CONNECTION Val 9:30-10:25	TOTAL BODY Josie 8:30-9:25 SPIN Helena 9:30-10:20 * ENERGY YOGA Krista 10:30-11:25	MUSCLE MIX Helena 8:30-9:25 HATHA FLOW YOGA Matt (sub: Krista) 9:30-10:25
lunch	BARRE Tanna 12:30-1:15	SIMPLY FIT TOTAL BODY Rosalie 12:30-1:15	POWER SPIN Lea 12:30-1:15	YOGA Tanna 12:30-1:15	TABATA JoAnne 12:30-1:15		
pm	MUSCLE MIX Helena 5:30-6:25 ZUMBA Mariela 6:30-7:25 TOTAL BODY (Sub: Beth) 7:30-8:25	INTERVAL TRAINING Joe 5:30-6:25 SPIN *Mauricio 6:30-7:25 BARRE Amanda 7:30-8:25	BARRE Tanna 5:30-6:25 ZUMBA *Viviana 6:30-7:25	STEP & STRENGTH Rosalie 5:30-6:25 SPIN Helena 6:30-7:25 ENERGY YOGA Krista 7:30-8:25			

CLUB HOURS: Monday – Thursday 5am-11pm Fridays 5am-10pm Saturday & Sunday 8am-8pm

*New Class, New Instructor or New Time

