



## FITNESS CONNECTION GROUP FITNESS SCHEDULE

*Winter schedule effective February 4th 2018*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>am</b>	<b>TEMPO BOOTCAMP</b> Rosalie 8:30-9:25  <b>*AB, BUTT &amp; THIGHS</b> Debbie 9:30-10:25	<b>SCULPT</b> Helena 8:30-9:25  <b>ZUMBA</b> Mariela 9:30-10:25	<b>STEP &amp; STRENGTH</b> Rosalie 8:30-9:25  <b>PILATES</b> Debbie 9:30-10:25	<b>SPIN &amp; ABS (studio 2)</b> Kim 7:45-8:40  <b>CONDITIONING BOOTCAMP</b> Lea *8:30-9:25  <b>HATHA YOGA</b> Matt *9:30-10:25	<b>TOTAL BODY CIRCUITS</b> Rosalie 8:30-9:25  <b>*CORE CONNECTION</b> Val 9:30-10:25	<b>TOTAL BODY</b> Josie 8:30-9:25  <b>*AB, BUTT &amp; THIGHS</b> Josie 9:30-10:25  <b>SPIN (studio 2)</b> Helena 9:30-10:20  <b>*ENERGY YOGA</b> Krista 10:30-11:25	<b>MUSCLE MIX</b> Helena 8:30-9:25  <b>HATHA FLOW YOGA</b> Matt 9:30-10:25
<b>lunch</b>	<b>BARRE</b> Tanna *12:15-1:00	<b>SIMPLY FIT TOTAL BODY</b> Rosalie *12:30-1:15	<b>POWER SPIN (studio 2)</b> Lea *12:15-1:00	<b>YOGA</b> Tanna *12:15-1:00	<b>TABATA</b> *Mauricio *12:15-1:00		
<b>pm</b>	<b>MUSCLE MIX</b> Helena 5:30-6:25  <b>ZUMBA</b> Mariela 6:30-7:25  <b>*POUND</b> Mariela 7:30-8:15	<b>INTERVAL TRAINING</b> Joe 5:30-6:25  <b>*BARRE</b> Amanda 6:30-7:25  <b>*SPIN (studio 2)</b> Mauricio *6:30-7:15  <b>*SIMPLY STRENGTH &amp; ABS</b> Mauricio 7:30-8:25	<b>BARRE</b> Tanna 5:30-6:25  <b>ZUMBA</b> *Viviana 6:30-7:25  <b>*TABATA</b> Tanna 7:30-8:25	<b>*IRON BEATS</b> 5:30-6:25  <b>SPIN (studio 2)</b> Helena 6:30-7:25  <b>*CORE CONNECTION</b> Val 6:30-7:25 *starting Feb. 28th	<b>*ZUMBA TONE</b> Mariela 6:00-6:55		

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

\*New Class, New Instructor or New Time