



Northwest Group Fitness Schedule

STUDIO A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am		 Britany		 Artesia			
6:00am		 Britany					
7:00am			 Elaine			 Ryan/Michelle	
8:00am					 Michelle R	 Ryan/Michelle	 Brandon
8:15am	 Lori		 (Express) Lori				
8:30am		BODY SHRED Linda	 Lori (8:45)	 Karen O.		 Christian/Team	
9:00am					BODY SHRED Liz		
9:15am							 (9:10am) Martin/Jen
9:30am	 Karen O./Linda	 Karen O.	CARDIO CIRCUIT Linda	 Michelle R		 James	
9:50am					 Rachel		
10:05am				 Michelle r			
10:30am						 Debbie	
10:45am	 MSRM / Lori	 Cardio Circuit Becky	 MSRM / Becky	 Cardio Fit /Becky			
11:00am					 YogaStretch / Mary		
12:00pm	 Mary C		 Rachel		 Gold / Mary		
4:25pm		 Pamela/Debbie					
5:45pm			 Michelle R				
5:25pm	 James/Kate	 Liz		 Teri			
6:30pm	 Michelle R	 Darlene/Rachel		 Elaine			

6:50pm			 Michelle R			
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Northwest Group Fitness Schedule

STUDIO B

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00am	 Lori			 Lori	 Lori		
8:15am	Strength Hour Valerie		 Natalie		Strength Hour Valerie		
10:00am		 Jacquelyn		 Natalie		 Mary C	
11:00am							 Barbara/Barb
5:30pm	 Barbara		 Savannah				



Northwest Group Fitness Schedule

STUDIO C

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am	 Debbie		 Debbie		 Kimberly		
8:45am						 Kimberly	
9:30am	 Jen		 Shannon		 Jen		
5:45pm	 Pamela		 Jen				



Northwest Group Fitness Schedule

AQUA

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00am	 Margaret				 Margaret		
							

9:30am		 Elaine		 Elaine			
10:00am							
11:00am		 Elaine					