



East Group Fitness Schedule

STUDIO A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am		 Kurt R		 Kurt R			
6:30am							
7:30am						<u>CHALLENGE</u> Frederick	
8:30am	 Glenda	 Amanova	 Mary	 Amanova	 Janae		 Teena
9:00am						 Rima	
9:30am	 Julia	 Guille/Lynne		 Elizabeth	 Glenda		 Adrian
9:40am			 Guille				
10:00am						 Artisia/Lauren	
10:30am							 Holly
10:45am	 Cindy	 Debbie		 Debbie			
5:30pm	 Stephan	 Mary	 Rima	 James	 Janae		
6:25pm		 Mary					
6:30pm	 Mary		 Stephan	 Ariella/Julia	 Teena		
7:30pm	 Holly				 Candice		



East Group Fitness Schedule

STUDIO B

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00am						Heidi	
8:20am	Liza		Heidi				
9:10am						Noora	
9:30am	Liza	Heidi		Heidi	Kelly		
5:15pm	Heidi						
5:30pm			Kelly				
6:00pm	Jade						



East Group Fitness Schedule

STUDIO C

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am	Nancy						
5:45am			Amanda				
9:00am						Janaee	Marci
6:00pm		Frederick		Stephan			