



East Group Fitness Schedule

STUDIO A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am		BODYPUMP Kurt R		BODYPUMP Kurt R			
7:30am						<u>CHALLENGE</u> Frederick	
8:30am	BODYSTEP Glenda	PILATES Amanova	BODYPUMP Mary	PILATES Amanova	BODYPUMP Janae		BODYCOMBAT Teena
9:00am						BODYSTEP Rima	
9:30am							BODYFLOW Adrian
9:35am	BODYPUMP Julia	ZUMBA Lynne	ZUMBA Guille	ZUMBA Elizabeth	BODYSTEP Glenda		
10:00am						BODYPUMP Artisia/Lauren	
10:30am							ZUMBA Holly
10:45am	Silver Sneakers Cindy	Silver Sneakers Debbie		Silver Sneakers Debbie			
5:30pm	BODYPUMP Stephan	CXWORX Mary	BODYPUMP Rima	BODYSTEP Mary	BODYPUMP Janae		
6:05pm		BODYJAM James					
6:35pm	BODYATTACK Mary		BODYCOMBAT Stephan	BODYFLOW Julia	BODYCOMBAT Teena		
7:35pm	ZUMBA Holly		ZUMBA Candice		ZUMBA Candice		



East Group Fitness Schedule

STUDIO B

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00am						Heidi	
8:20am	Advanced Liza		Heidi				
9:10am						Advanced Joanne	
9:30am	Fitness Fundamentals Maria	Multi-Level Heidi		Heidi	Kelly		
5:15pm	Heidi						
5:30pm			Multi-Level Kelly				
6:00pm	Multi-Level Jade						



East Group Fitness Schedule

STUDIO C

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