

# GROUP FITNESS



## MONDAY

5:30AM **WARRIOR**  
ELIE

9:30AM **PUMP**  
JANE

10:30AM **CXWORX**  
JANE

4:30PM **STEP**  
ELISA

5:30PM **ATTACK**  
BROOKE A

5:30PM **SPRINT**  
JANE (STUDIO 3)

6:00PM **GRIT**  
BROOKE H (STUDIO 2)

6:30PM **PUMP**  
RAY

6:30PM **RPM**  
BROOKE A (STUDIO 3)

6:30PM **BALANCE**  
LINDA (STUDIO 3)

7:30PM **COMBAT**  
JAY

7:45PM **CXWORX**  
RAY (STUDIO 3)

## TUESDAY

5:30AM **HIIT**  
ELIE

5:30AM **RPM**  
MEL (STUDIO 3)

9:30AM **ZUMBA**  
KARINA

9:30AM **GRIT**  
VIKKI (STUDIO 2)

4:30PM **COMBAT**  
VIKKI

5:30PM **PUMP**  
BROOKE A

5:30PM **SPRINT**  
RAY (STUDIO 3)

6:00PM **GRIT**  
VIKKI (STUDIO 2)

6:30PM **ATTACK**  
BROOKE A

6:45PM **CXWORX**  
RAY (STUDIO 2)

7:30PM **BALANCE**  
MAREE

## WEDNESDAY

5:30AM **PUMP**  
JAY

9:30AM **COMBAT**  
JAY

10:30AM **PUMP**  
BROOKE A

4:30PM **ATTACK**  
MATT

5:30PM **GRIT**  
VIKKI

6:00PM **CXWORX**  
JANE (STUDIO 2)

6:30PM **COMBAT**  
JANE

6:30PM **BALANCE**  
LINDA (STUDIO 2)

6:30PM **RPM**  
MEL (STUDIO 3)

7:30PM **PUMP**  
RAY

## THURSDAY

5:30AM **HIIT**  
JAMISON

5:30AM **RPM**  
LESLEY (STUDIO 3)

9:30AM **PUMP**  
BROOKE H

9:30AM **YOGA**  
LINDA (STUDIO 2)

10:30AM **CXWORX**  
BROOKE H

4:30PM **STEP**  
MATT

5:30PM **COMBAT**  
JANE

6:30PM **PUMP**  
JANE

7:00PM **GRIT**  
JAY (STUDIO 2)

7:30PM **ZUMBA**  
RUDI

7:30PM **CXWORX**  
JANE (STUDIO 2)

## FRIDAY

5:30AM **PUMP**  
BROOKE H

9:30AM **COMBAT**  
VIKKI

10:30AM **HIIT**  
VIKKI

4:30PM **COMBAT**  
KAROLA

5:30PM **PUMP**  
JAKO

6:30PM **ZUMBA**  
MARLEE

6:30PM **CXWORX**  
JAKO (STUDIO 2)

## SATURDAY

6:30AM **SPARTAN**  
ELIE/ FRAN

7:30AM **COMBAT**  
JANE / VIKKI

8:30AM **GRIT**  
VIKKI / JAY

9:00AM **SPRINT**  
JANE (STUDIO 3)

9:30AM **PUMP**  
JANE

10:30AM **ZUMBA**  
RUDI

4:30PM **PUMP**  
BROOKE H

## SUNDAY

7:30AM **RPM**  
BROOKE A (STUDIO 3)

8:30AM **ATTACK**  
BROOKE A

9:30AM **PUMP**  
BROOKE H

10:30AM **BALANCE**  
ALLY

4:30PM **COMBAT**  
JANE

5:30PM **PUMP**  
JANE