

GROUP FITNESS



MONDAY

- 5:30AM **GRIT / CORE**
BROOKE H
- 9:30AM **PUMP**
JANE
- 10:30AM **CORE**
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 2)
- 7:30PM **COMBAT**
JAY
- 7:30PM **CORE**
RAY (STUDIO 2)

TUESDAY

- 5:30AM **RPM**
MEL (STUDIO 3)
- 9:30AM **RPM**
MEL (STUDIO 3)
- 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
- 6:30PM **CORE**
RAY (STUDIO 2)
- 7:30PM **YOGA**
ALLY

WEDNESDAY

- 5:30AM **PUMP**
JAY
- 9:30AM **COMBAT**
JAY
- 10:30AM **PUMP**
JAY
- 5:30PM **GRIT**
CHRIS (STUDIO 2)
- 5:30PM **ATTACK**
- 6:00PM **CORE**
JANE (STUDIO 2)
- 6:30PM **COMBAT**
JANE
- 6:30PM **BALANCE**
LINDA (STUDIO 2)
- 6:30PM **RPM**
MEL (STUDIO 3)
- 7:30PM **PUMP**
CHRIS

THURSDAY

- 5:30AM **GRIT**
CHRIS
- 5:30AM **RPM**
MEL (STUDIO 3)
- 9:30AM **PUMP**
BROOKE H
- 9:30AM **YOGA**
LINDA (STUDIO 2)
- 10:30AM **CORE**
BROOKE H
- 5:00PM **STEP**
MATT
- 5:30PM **COMBAT**
JANE
- 6:30PM **PUMP**
JANE
- 7:30PM **ZUMBA**
RUDI
- 7:30PM **CORE**
JANE (STUDIO 2)

FRIDAY

- 5:30AM **PUMP**
BROOKE H
- 9:30AM **COMBAT**
VIKKI
- 4:30PM **COMBAT**
KAROLA
- 5:30PM **PUMP**
JAKO
- 6:30PM **ZUMBA**
MARLEE
- 6:30PM **CORE**
JAKO (STUDIO 2)
- 7:30PM **YOGA**
MIHAELA

SATURDAY

- 6:30AM **SPARTAN**
FRAN / CHRIS
- 7:30AM **COMBAT**
JANE / VIKKI
- 8:30AM **GRIT**
VIKKI
- 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 30**
BROOKE H
- 10:00AM **LES MILLS CORE**
BROOKE H
- 10:30AM **YOGA**
ALLY
- 4:30PM **COMBAT**
JANE