









MONDAY

- 5am  **SPINNING** w/ Sheila
- 8:45am  **SPINNING** w/ Debi
- 9am  **BODYPUMP** w/ Lynette
- 10am  **BODYFLOW** w/ Lynette
- 11am  **GOLDEN FITNESS** w/ Jill
- 5pm **ZUMBA** w/ Diana
- 6pm **YOGALATES** w/ Lisa
- 6pm  **SPINNING** w/ Christine



TUESDAY

- 5am  **BODYPUMP** w/ Sheila
- 8:30am **POWER YOGA** w/ Marlon
- 9am  **SPINNING** w/ Carri
- 9:30am **ZUMBA** w/ Team
- 5pm **TARGET ZONE** w/ Diana
- 6pm  **BODYPUMP** w/ Nicole
- 7pm **ZUMBA** w/ Morgan





WEDNESDAY

- 5am  **SPINNING** w/ Sheila
- 9am  **BODYPUMP** w/ Karen
- 10am **YOGA CORE and more** w/ Marlon
- 11am  **GOLDEN FITNESS** w/ Jill
- 5pm  **BODYFLOW** w/ Trish
- 6pm **ZUMBA** w/ Diana
- 6pm  **SPINNING** w/ Debi



THURSDAY

- 5am  **BODYPUMP** w/ Sheila
- 8:30am **POWER YOGA** w/ Erin
- 9:30am  **BODYCOMBAT** w/ Lynette
- 9:30am **Extreme Cycle** w/ Amanda
- 10:30am **ZUMBA** w/ Team
- 5pm  **BODYPUMP CXWORX** w/ Sheila
- 6pm **TARGET ZONE** w/ Diana
- 7pm **YOGA CORE and more** w/ Marlon

FRIDAY

- 8:45am  **SPIN** w/ Cat
- 9am  **BODYPUMP** w/ Karen
- 10am  **BODYSTEP** w/ Karen
- 11am  **GOLDEN FITNESS** w/ Jill
- 4:45pm  **yoga** w/ Erin
- 6pm **ZUMBA** w/ Morgan

SATURDAY

- 8:30am  **BODYPUMP** w/ Jan&Andre
- 9:30am **ZUMBA** w/ Diana
- 9:30am  **SPINNING** w/ Christine
- 10:30am  **yoga** w/ Lisa

SUNDAY

- 9am  **BODYPUMP** w/ Nicole
- 10:15am **INTENSITY** w/ Henry
- 12pm  **BODYFLOW** w/ Erin

NO MORE WEDNESDAY

INTENSITY

REGULAR SCHEDULE

ON:

Father's Day

