

WEEK	April 24, 2017		GOLD'S GYM.			WEEKEND SCHEDULE TIMES		
STUDIO I								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30AM		Kyle			ROW-RIDE & CRUNCH			
8:30AM	Melanie	Betty F.I.T. EXPRESS	Betty CORE FIT	Heather F.I.T.	Betty	8:30AM	Kyle	
9:00AM		ROW-RIDE & CRUNCH	Heather POUND			9:00AM		
9:30AM	Betty CORE FIT	Betty	Heather	Betty	Betty CARDIO KICK	9:30AM	Betty POUND	
10:00AM						10:00AM	Beth COMBO	
12:15PM								
4:30PM	Jodi PUNCH	Betty	Donna			11:00AM	Kim	MaryJo
5:00PM	Jodi TABATA					12:00AM		
5:30PM	Betty	Betty POUND	Jodi CARDIO KICK	Kim	ROW-RIDE & CRUNCH	2:00PM		
6:00PM		Donna TABATA						
6:30PM	Betty POUND	Lisa	Beth					
7:00PM								
7:30PM								
GROUP CYCLING STUDIO								
5:30AM	Erin		Erin				Todd	
9:30AM						8:30AM	pedal & PUMP	
12:15PM				CLASS CHANGE!			1 hour of cycle	
4:30PM		Todd		Christy			and resistance work	
5:30PM	Todd	Sprint cycle	Christy	Pedal & Pump				
6:00PM		(30 min interval)		(one hour)				
STUDIO II								
10:00AM	Wendi				Wendi	9:00AM		Beth
4:30PM	Sarah			Amelia Pilates				
5:30PM		Amelia Pilates		Beth				
6:30PM								
YOU MAY ALSO ACCESS OUR GGX SCHEDULE AT: http://www.goldsgym.com/roanokeva/								