



GROUP FITNESS SCHEDULE FEBRUARY 2018

GOLD'S GYM LARGO, FL.

2178 E Bay Dr

Largo, Florida

(727) 240-1400

Starts Monday, January 8th 2018

WEEK DAY TIME SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Kelli/Lin		Kelli				
8:30 am	Classic - Bobbi			Shelley	Classic - Larry	Kelli	
8:45 am			*30 min HIIT* (Group Fitness)*		*30 min HIIT* (Upstairs)*	*30 min HIIT* (Upstairs)*	
9:30 am	Brian Chris	Tracey	Tracey	Brian Shelley	Lauren	Damian/Sue Shelley	(9:00 am) Wendy
10:30 am	Tracey	Karen	(10:00 am) Chris		Lauren	Terri / Melissa	(10:00 am) Hope
11:00 am		Cardio Fit- Bobbi (11:15 am)		Cardio Fit - Bobbi	Tracey	CLUB HOURS Monday - Thursday 5:00 am - Midnight Friday 5:00 am - 10:00 pm Saturday 6:00 am - 8:00pm Sunday 7:00 am - 8:00 pm KIDS CLUB HOURS Monday - Friday 9:00 am - 12 pm 4:30 pm - 8:30 pm Saturday 8:30am - 12 pm Sunday 9:00 am - 12 pm	
5:30 pm	Lauren	Tracey	Sue	Mindy	Wendy		
5:30 pm	Christy	(6:00 pm) Tracey	Mindy				
6:30 pm	Wendy	Tracey	Mindy	Tracey			
7:00 pm	*30 min HIIT* (Upstairs)*		*30 min HIIT* (Upstairs)*				
7:30 pm	Francisco		Erin	Yoga/Pilates Melissa			

