



GROUP FITNESS SCHEDULE

DECEMBER 2018

GOLD'S GYM LARGO, FL.
 2178 E Bay Dr
 Largo, Florida
 (727) 240-1400

WEEK DAY TIME SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am				BODYPUMP Shelley		BODYPUMP Kelli	
9:30 am	RPM Brian BODYCOMBAT Chris	BODYPUMP Tracey	CXWORX Tracey	RPM Brian BODYSTEP Shelley	BODYCOMBAT Nicole	RPM Damian/ BODYSTEP Shelley	BODYPUMP (9:00 am) Wendy
10:00 am			BODYCOMBAT Chris	BODYFLOW (Express 30 min.) Shelley			BODYCOMBAT Nicole
10:30 am	BODYFLOW Tracey	barre Tracey		(Starts 12/ 13)*New**		barre Yelena / Patty	
11:15 am	Silver Sneakers (11:45 am) -Stability - Betty	Silver Sneakers Bobbi	Silver Sneakers Betty	Silver Sneakers Bobbi	Silver Sneakers Elite Stability -Terri	<p>*Les Mills Barre is HERE!!*</p> <p>CLUB HOURS Monday - Thursday 5:00 am - 11:00 pm Friday 5:00 am - 10:00 pm Saturday - Sunday 7:00 am - 7:00pm</p> <p>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</p>	
12:00 pm							
4:30 pm			yoga Tina				
5:30 pm	BODYCOMBAT Nicole	BODYPUMP EXPRESS Tracey / Mindy	BODYCOMBAT Sue	BODYPUMP Mindy			
5:30 pm	RPM Christy	CXWORX (6:00 pm) Tracey / Mindy	RPM Mindy				
6:30 pm	BODYPUMP Wendy	barre Bria / Tracey	CXWORX Mindy	BODYJAM Tracey			
6:45 pm							
7:30 pm	barre Wendy / Patty		ZUMBA (7:00 pm) Francisco	Yoga/Pilates Melissa			

