



GROUP FITNESS SCHEDULE

APRIL 2019

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				Shelley		Kelli	
9:00 am							Wendy
9:30 am	Brian Chris	Tracey	Tracey	Brian Shelley	Nicole	Damian/Mindy Shelley	
10:00 am			Chris				
10:30 am	Tracey / Jenna	Tracey		(Express 30 min.) Shelley		Yelena / Patty	
11:15 am	(11:45 am) -Stability - Betty	Bobbi	Kim	Bobbi	Elite Stability -Terri	OPEN 24 HOURS! STAFFED CLUB HOURS Monday - Thursday 7:00 am - 9:00 pm Friday 7:00 am - 7:30 pm Saturday - Sunday 8:00 am - 1:00pm KIDS CLUB HOURS Monday - Friday 9:00 am - 12 pm 4:30 pm - 7:30 pm Saturday 8:30am - 12 pm Sunday 9:00 am - 12 pm	
4:30 pm							
5:30 pm			Sue				
5:30 pm	Christy	Tracey / Mindy	Mindy	Mindy			
6:00 pm	Erin	Tracey / Mindy					
6:30 pm	Wendy	Patti / Tracey	<i>Pilates - Core</i> Melissa	Tracey			
7:00 pm		<i>Dance Fitness</i> (7:15 pm) Charlie					
7:30 pm				<i>Yoga/Pilates</i> Melissa			

