

Fit for Life 24 Apex Group Fitness: August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
5:40-6:30 AM				BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45 AM					SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM				CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM				SENIOR FIT Elaine		
2:00 -3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM				BODY ATTACK Brigitte	BODY PUMP Christi	
5:45- 6:30 PM						
6:00-7:00 PM				6:20 PM ZUMBA Anabel		
6:30 -7:30 PM				SMARTFIT HIIT LB		
7:00-8:00 PM						
	5	6	7	8	9	10
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE CANCELED	
7:00-7:45 AM						
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45AM	SMARTFIT HIITUB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM				CYCLE H.I.I.T CANCELED		
10-11:00 AM						BODYATTACK Denise
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine		
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Tracey	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMARTFIT HIIT LB	BODYATTACK Denisse	SMARTFIT HIIT UB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chris					
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	12	13	14	15	16	17
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Denise		
6:00-6:45 AM					CYCLE Melissa	
7:00-7:45 AM						
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB				SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM			SMARTFIT HIIT LB	CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel

11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine		
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODYPUMP Christi	
5:45-6:30 PM			ZUMBA Valerie			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chris	Denisse				
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Valerie				
	19	20	21	22	23	24
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
7:00-7:45 AM						
8:45- 9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM				CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine		
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chris	Denisse				
6:30-7:30PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	26	27	28	29	30	31
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
7:00-7:45 AM						
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM				CYCLE H.I.I.T Melissa		
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2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Denise	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen	Denisse				
6:45-7:30 PM	6:15 PM CYCLE Chris	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				