



## GROUP FITNESS SCHEDULE August 2022

New Classes/Instructors/Subs Highlighted in **blue**, **Purple** & **Green**

No class days in **red**

Launch Week is in Yellow

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<b>8:00AM</b>		Grit Strength-Bobby	GRIT/Athletic-Racheal			
<b>8:30AM</b>	Body Pump-Racheal, Lisa, Elbert	Cycling-Racheal	Zumba Bobby	Body Pump – Racheal, Lisa, Bobby, Jessica	Yoga-Mirka Body Attack-katrina	BodyPump -Bobby
<b>9:30am</b>	Yoga-Mirka					
<b>4:30pm</b>	Yoga Mirka		Yoga-Mirka			
<b>5:30PM</b>	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP -Heather	CYCLING-Stephanie	BODY PUMP Jessica, Katrina		
<b>6:30PM</b>	Zumba-Chanel	Body Combat - Ashley Heather				
<b>7:00PM</b>			Hip Hop Stephanie			
	8	9	10	11	12	13
<b>8:00AM</b>		GRIT Strength-Bobby	GRIT–Athletic Racheal			
<b>8:30AM</b>	Body Pump-Racheal	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa	Yoga-Mirka Body Combat-Lisa	Body Pump-Elbert
<b>9:30am</b>	Yoga-Mirka					
<b>4:30PM</b>	Yoga-Mirka		Yoga-Mirka			
<b>5:30PM</b>	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP – Heather	Cycling- Patrice	Body Pump-Jessica		
<b>6:30PM</b>	Zumba-Chanel	Body Combat – Ashley				
<b>7:00PM</b>			Hip Hop- Stephanie			

	15	16	17	18	19	20
<b>8:00AM</b>		GRIT Strength- Bobby	GRIT-Athletic- Racheal			
<b>8:30AM</b>	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Racheal	Yoga-Mirka Body Combat-	Body Pump- Elbert
<b>9:30am</b>	Yoga-Mirka					
<b>4:30pm</b>	Yoga-Mirka		Yoga-Mirka			
<b>5:30PM</b>	Pop Pilates-Hannah CYCLING-Stephanie	BODYPUMP - Heather	Cycling- Patrice	Body Pump- Jessica		
<b>6:30PM</b>	Zumba - Bobby	Body Combat - Ashley				
<b>7:00PM</b>			Hip Hop-Stephanie			
	22	23	24	25	26	27
<b>8:00AM</b>		GRIT Strength-Bobby	Grit athletic-Racheal			
<b>8:30AM</b>	Body Pump-Elbert	Cycling-Racheal	Zumba – Bobby	Body Pump - Lisa	Yoga-No class Body Combat-Lisa	Body Pump-Bobby
<b>9:30am</b>	Yoga-Mirka					
<b>4:30PM</b>	Yoga-Mirka		Yoga-Mirka			
<b>5:30PM</b>	Pop pilates-Hannah Cycling – Stephanie	BODYPUMP -Heather	Cycling-Patrice	Body Pump-Jessica		
<b>6:30PM</b>	Zumba - Chanel	Body Combat- Ashley				
<b>7:00PM</b>			Hip Hop - Stephanie			
	29	30	31	1	2	3
<b>8:00AM</b>		GRIT Strength-Bobby	GRIT Athletic- Racheal			
<b>8:30AM</b>	Body Pump-Racheal	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Yoga-Mirka	No Classes-Labor day
<b>9:30am</b>	Yoga-Mirka				Body Combat-Lisa	Weekend
<b>4:30PM</b>	Yoga- Mirka		Yoga-Mirka			
<b>5:30PM</b>	Pop Pilates Hannah Cycling-Stephanie	Body Pump- Heather	Cycling Patrice	Body Pump- Jessica		
<b>6:30PM</b>	Zumba-Chanel	Body Combat- Ashley				
<b>7:00PM</b>			Hip Hop - Stephanie			