



GROUP FITNESS SCHEDULE December 2022

No class days in **red**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28	29	30	1	2	3
		Grit Strength-Bobby	GRIT/Athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba Bobby	Body Pump – Lisa	Body Combat-Lisa Yoga-Mirka	
9:30am	Yoga-Mirka					
4:30pm	Stretch & Mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP -Heather	Grit-Katrina Cycling Patrice	Stretch and Mobility-Raven		
6:30PM	Zumba-Chanel	Body Combat - Ashley		Body Combat-Ashley		
7:00PM			Hip Hop Stephanie			
	5	6	7	8	9	10
8:00AM		GRIT Strength-Bobby	GRIT–Athletic Racheal			
8:30AM	BodyPump-Racheal Yoga-Mirka	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa?????	Body Combat-Lisa Stretch and mobility-Raven	
9:30am						
4:30PM	Stretch & Mobility-Raven		Stretch & mobility-Raven			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP – Heather	Body Pump-Katrina Cycling-Heather	Stretch and Mobility-Raven		
6:30PM	Zumba-Chanel	Body Combat – Ashley		Body Combat-Hannah		
7:00PM			Hip Hop- Stephanie			

	12	13	14	15	16	17
8:00AM		GRIT Strength- Bobby	GRIT-Athletic- Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa	
9:30am	Yoga-Mirka				Yoga-Mirka	
4:30pm	Stretch & Mobility- Raven		Yoga-Raven			
5:30PM	Pop Pilates-Hannah CYCLING Stephanie	BODYPUMP - Heather	Cycling-Heather	Stretch and Mobility- raven		
6:30PM	Zumba - Chanel	Body Combat - Hannah		Body Combat- Hannah		
7:00PM			Hip Hop-Stephanie			
	19	20	21	22	23	24
		GRIT Strength-Bobby	Grit athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba – Bobby	Body Pump-Lisa		Christmas eve
9:30am	Yoga-Mirka				No classes for the rest of the Holiday season	
4:30PM	Stretch & Mobility- Raven		Yoga-Mirka			Merry Christmas
5:30PM	Pop pilates-Hannah Cycling – Stephanie	BODYPUMP -Heather	Cycling-Heather			
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop-Stephanie			
	26	27	28	29	30	31
8:00AM						Happy New Year
8:30AM						
9:30am						
4:30PM						
5:30PM						
6:30PM						
7:00PM						