



## GROUP FITNESS SCHEDULE Feb 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
7:00 AM				Mixed Fit- Kristie		
7:20 AM		Body Combat Jessica			Body Pump Bobby	
7:45AM			GRIT/Athletic- Racheal			
8:30AM	Body Pump Rachael	Cycling-Racheal	Zumba Bobby	Body Pump Lisa	Body Combat Lisa	BODYPUMP Jessica Cycling- Patrice
9:30AM						
5:30PM	Body Pump -heather Cycling-Stephanie	BODYPUMP -Kristie	CYCLING Patrice	BODY PUMP Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley				
7:00PM			Hip Hop Stephanie			
	7	8	9	10	11	12
7:00AM		Body Combat- Hannah		Mixed Fit- Kristie		
7:20AM					Body Pump- Bobby	
7:45AM	GRIT Strength-Bobby		GRIT-Athletic Racheal			
8:30AM	Body Pump- Rachael	Cycling- Racheal	Zumba-Bobby	Body Pump - Lisa	Body Combat- Lisa	<ul style="list-style-type: none"> <li>BODYPUMP -Bobby</li> <li>Cycling - Patrice</li> </ul>
9:30AM	Cycling - Lisa					<ul style="list-style-type: none"> <li></li> </ul>
5:30PM	Body Pump -Heather CYCLING - Stephanie	BODYPUMP Kristie	Cycling- Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat – Ashley				
7:00PM			Hip Hop- Stephanie			
	14	15	16	17	18	19
7:00AM				Mixed Fit- Kristie		
7:20AM		Body Combat- Jessica			Body Pump- bobby	

7:45AM	GRIT Strength- Bobby		GRIT-Athletic- Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat - Lisa	BODYPUMP Jessica 8:30am Cycling- Patrice
9:30AM	Cycling-Racheal					
5:30PM	Body Pump-Heather CYCLING - Stephanie	BODYPUMP Kristie	Cycling- Patrice	Body Pump- Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley				
7:00PM			Hip Hop-Stephanie			
	21	22	23	24	25	26
7:00AM		Body Combat- Hannah		Mixed Fit- Kristie		
7:20AM					Body Pump- Bobby	
7:45AM	GRIT Strength-Bobby		GRIT-Athletic Racheal			
8:30AM	Body Pump- Rachael	Cycling -Racheal	Zumba - bobby	Body Pump - Lisa	Body Combat - Jessica	BODYPUMP Bobby Cycling - Stephanie
9:30AM	Cycling-Lisa					
5:30PM	Body Pump- Heather Cycling - Stephanie	BODYPUMP - Kristie	Cycling- Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			
	28	March 1	March 2	March 3	March 4	March 5
7:00AM				Mixed Fit- Kristie		
7:20AM		Body Combat- Jessica			Body Pump- Bobby	
7:45AM	GRIT Strength-Bobby		GRIT Athletic- Racheal			
8:30AM	Body Pump - Rachael	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat - Lisa	Body Pump-Jessica Cycling - Patrice
9:30AM	Cycling-Lisa					
5:30PM	Body Pump- Heather Cycling- Stephanie	Body Pump- Kristie	Cycling Patrice	Body Pump- Jessica		
6:30PM	Zumba- Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			

