

Fit for Life 24 Apex Group Fitness: June 2019

NEW: Saturdays at 11:00 AM 30 Min BodyPump/30 Min BodyCombat

Tuesday Senior Fitness has moved to 11:15 AM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
5:40-6:30 AM						
6:00-6:45 AM						
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45 AM						SMARTFIT HIIT LB
9:30-10:30 AM						
10-11:00 AM						BODYATTACK Joel
11-12:00 PM						BODYCOMBAT/BODYPUMP Jen
2:00 -3:00 PM						
5:30-6:30 PM						
5:45- 6:30 PM						
6:00-7:00 PM						
6:30 -7:30 PM						
7:00-8:00 PM						
	3	4	5	6	7	8
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
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		BODYPUMP Christi		CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine	SENIOR FIT Sarah		BODYCOMBAT/BODYPUMP Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Tameka	
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				
	10	11	12	13	14	15
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Denise		
6:00-6:45 AM					CYCLE Melissa	
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		BODYPUMP Sarah	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 Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODYPUMP Tameka	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chri					
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	17	18	19	20	21	22
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
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		BODYPUMP Christi		CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Denisse	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chri					
6:30-7:30PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	24	25	26	27	28	29
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Kathy		
6:00-6:45 AM					CYCLE Melissa	
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT LB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Christi		CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
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6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
6:45-7:30 PM	6:15 PM CYCLE Chri					
7:00-8:00 PM		ZUMBA Anabel				

