



GROUP FITNESS SCHEDULE June 2022

New Classes/Instructors High lighted in **blue**, **Purple** & **Green**

No class days in **red**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	31	1	2	3	4
7:00 AM						
8:00AM		Grit Strength-Bobby	GRIT/Athletic-elbert			
8:30AM		Cycling-no class	Zumba Bobby	Body Pump – Lisa	Body Combat Lisa	BODYPUMP-heather
9:30am					Yoga-Mirka	
4:30pm			Yoga-Mirka			
5:30PM		BODYPUMP -Heather	CYCLING-Heather	BODY PUMP Jessica		
6:30PM		Body Combat - Ashley				
7:00PM			Hip Hop Stephanie			
	6	7	8	9	10	11
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT-Athletic Racheal			
8:30AM	Body Pump- Racheal	Cycling-Racheal	Zumba-Bobby	Body Pump- Racheal	Grit-Racheal	• BODYPUMP –Heather
9:30am	Yoga-No class				Yoga-Mirka	
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	CYCLING - Stephanie	BODYPUMP – Heather	Cycling- Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat – Ashley				
7:00PM			Hip Hop- Stephanie			

	13	14	15	16	17	18
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT-Athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat – Lisa	Body Pump-Bobby
9:30am	Yoga-No class				Yoga-No class	
4:30pm	Yoga-no class		Yoga-no class			
5:30PM	CYCLING - Hannah	BODYPUMP - Heather	Cycling- Patrice	Body Pump- Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley				
7:00PM			Hip Hop-Stephanie			
	20	21	22	23	24	25
7:00AM						
8:00AM		GRIT Strength-Elbert	Grit athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling -Racheal	Zumba – No class	Body Pump - Lisa	Body combat-Lisa	Body Pump-Bobby
9:30am	Yoga-Mirka				Yoga-Mirka	
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	Cycling – Heather	BODYPUMP -Heather	Cycling- Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			
	27	28	29	30	1	2
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT Athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat – Lisa	Body Pump- heather
9:30am	Yoga-Mirka				Yoga- Mirka	
4:30PM	Yoga- Mirka		Yoga-Mirka			
5:30PM	Cycling-Heather	Body Pump- Jessica	Cycling Patrice	Body Pump- Jessica		
6:30PM	Zumba-Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			