



GROUP FITNESS SCHEDULE May 2022

New Classes High lighted in blue

Happy Launch Week

No classes Memorial weekend.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-------------------------|----------------------|-----------------------|--|-------------------|--|
| | 2 | 3 | 4 | 5 | 6 | 7 |
| 7:00 AM | | | | | Body Pump Bobby | |
| 8:00AM | | Grit Strength-Bobby | GRIT/Athletic-Racheal | | | |
| 8:30AM | Body Pump Rachael, Lisa | Cycling-Racheal | Zumba Bobby | Body Pump Lisa, Racheal, Bobby, ELBERT | Body Combat Lisa | BODYPUMP-Bobby, Jessica Cycling- Patrice |
| 9:30am | Yoga-Mirka | | | | | |
| 4:30pm | Yoga Mirka | | Yoga-Mirka | | | |
| 5:30PM | Cycling-Stephanie | BODYPUMP -Jessica | CYCLING Patrice | BODY PUMP Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat - Ashley | | | | |
| 7:00PM | | | Hip Hop Stephanie | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 |
| 7:00AM | | | | | Body Pump- Bobby | |
| 8:00AM | | GRIT Strength-Bobby | GRIT-Athletic Racheal | | | |
| 8:30AM | Body Pump- Racheal | Cycling-Racheal | Zumba-Bobby | Body Pump-Lisa | Body Combat- Lisa | <ul style="list-style-type: none"> BODYPUMP –Lisa Cycling- Patrice |
| 9:30am | Yoga-Mirka | | | | | |
| 4:30PM | Yoga-Mirka | | Yoga-Mirka | | | |
| 5:30PM | CYCLING - Stephanie | BODYPUMP – Jessica | Cycling- Patrice | Body Pump-Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat – Ashley | | | | |
| 7:00PM | | | Hip Hop- Stephanie | | | |
| | | | | | | |
| | | | | | | |

| | 16 | 17 | 18 | 19 | 20 | 21 |
|--------|-----------------------------------|------------------------|------------------------|--------------------|--------------------|--|
| 7:00AM | | | | | Body Pump- bobby | |
| 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-Elbert Cycling-Stephanie |
| 9:30am | Yoga-Mirka | | | | | |
| 4:30pm | Yoga-Mirka | | Yoga-Mirka | | | |
| 5:30PM | CYCLING -Stephanie | BODYPUMP - Jessica | Cycling- Patrice | Body Pump- Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat - Ashley | | | | |
| 7:00PM | | | Hip Hop-Stephanie | | | |
| | 23 | 24 | 25 | 26 | 27 | 28 |
| 7:00AM | | | | | Body Pump- Bobby | |
| 8:00AM | | GRIT Strength-Bobby | Grit athletic-Racheal | | | |
| 8:30AM | Body Pump- Racheal | Cycling -Racheal | Zumba - bobby | Body Pump - Lisa | Body combat-Lisa | No classes. Have a great Memorial weekend |
| 9:30am | Yoga-Mirka | | | | | |
| 4:30PM | Yoga-Mirka | | Yoga-Mirka | | | |
| 5:30PM | Cycling – Stephanie | BODYPUMP -Jessica | Cycling- Patrice | Body Pump-Jessica | | |
| 6:30PM | Zumba - Chanel | Body Combat- Ashley | | | | |
| 7:00PM | | | Hip Hop - Stephanie | | | |
| | 30 | 31 | 1 | 2 | 3 | 4 |
| 7:00AM | | | | | Body Pump- Bobby | |
| 8:00AM | No Classes- happy memorial day | GRIT Strength-Bobby | GRIT Athletic- Racheal | | | |
| 8:30AM | | Cycling- No Instructor | Zumba - Bobby | Body Pump- Lisa | Body Combat - Lisa | Body Pump-Bobby Cycling - Patrice |
| 9:30am | | | | | | |
| 4:30PM | | | Yoga-Mirka | | | |
| 5:30PM | | Body Pump- Jessica | Cycling Patrice | Body Pump- Jessica | | |
| | | | | | | |
| 6:30PM | | Body Combat- Ashley | | | | |
| 7:00PM | | | Hip Hop - Stephanie | | | |