



GROUP FITNESS SCHEDULE October 2022

Launch Week Highlighted in blue, Purple, Green and Turquoise

No class days in red

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1
		Grit Strength-Bobby	GRIT/Athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba Bobby	Body Pump – Lisa	Body Combat-Lisa Yoga-Mirka	BodyPump_Bobby
9:30am	Yoga-Mirka					
4:30pm			Yoga-Mirka			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP -Heather	Grit-Katrina Cycling Patrice	BODY PUMP Elbert		
6:30PM	Zumba-Chanel	Body Combat - Ashley		Body Combat-Ashley		
7:00PM			Hip Hop Stephanie			
	3	4	5	6	7	8
8:00AM		GRIT Strength-Bobby	GRIT–Athletic Racheal			
8:30AM	BodyPump-Racheal Yoga-Mirka	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	Body Pump-no class
9:30am						
4:30PM			Yoga-Mirka			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP – Heather	GRIT-Elbert Cycling-Patrice	Body Pump-Jessica		
6:30PM	Zumba-Chanel	Body Combat – Ashley		Body Combat- Hannah		
7:00PM			Hip Hop- Stephanie			
	10	11	12	13	14	15

8:00AM		GRIT Strength-Bobby	GRIT-Athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	Body Pump- Jessica
9:30am	Yoga-Mirka					
4:30pm	Stretch & mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah CYCLING-Stephanie	BODYPUMP - Heather	GRIT-Katrina Cycling-Patrice	Body Pump- Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley		Body Combat-Ashley		
7:00PM			Hip Hop-Stephanie			
	17	18	19	20	21	22
		GRIT Strength-Bobby	Grit athletic-Racheal			
8:30AM	Body Pump-Lisa	Cycling-Racheal	Zumba – Bobby	Body Pump - Lisa	Body Combat-Lisa	Body Pump-Elbert
9:30am	Yoga-Mirka				Yoga-No class	
4:30PM	Stretch & mobility-Raven		Yoga-Mirka			
5:30PM	Pop pilates-Hannah Cycling – Stephanie	BODYPUMP -Heather	GRIT-Katrina Cycling-Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley		Body Combat-Hannah		
7:00PM			Hip Hop - Stephanie			
	24	25	26	27	28	29
8:00AM	LAUNCH WEEK	GRIT Strength-Bobby, Jessica, Elbert	GRIT Athletic-Racheal, Elbert			
8:30AM	Body Pump-Racheal, Lisa, Elbert	Cycling- Racheal	Zumba - Bobby	Body Pump-Lisa, Racheal, Jessica, Bobby.	Grit- Racheal Yoga-Mirka	Body Pump-Bobby
9:30am	Yoga-Mirka					
4:30PM	Stretch & mobility-Raven		Yoga-Mirka			
5:30PM	Pop Pilates Hannah Cycling-Stephanie	Body Pump- Heather	GRIT-Katrina, Elbert Cycling-Patrice	Body Pump-Elbert, Jessica, Katrina Body Combat- Ashley		

6:30PM	Zumba-Chanel	Body Combat- Ashley, Heather				
7:00PM			Hip Hop - Stephanie			

	31	1	2	3	4	5
8:00AM		GRIT Strength-Bobby	GRIT Athletic- Racheal			
8:30AM 9:30am	Body Pump-Racheal Yoga-Mirka	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	Body Pump-Jessica
4:30PM	Stretch & mobility- Raven		Yoga-Mirka			
5:30PM	Pop Pilates Hannah Cycling-Stephanie	Body Pump- Heather	GRIT-Katrina Cycling-Patrice	Body Pump- Elbert		
6:30PM	Zumba-Chanel	Body Combat- Ashley		Body Combat- Hannah		
7:00PM			Hip Hop - Stephanie			