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| Fit for Life 24 Group Fitness June 2018 |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1 | 2 |
| 5:30-6:30am |  |  |  |  |  |  |
| 8:30-9:30am |  |  |  |  | ZUMBA Natalia | BODYPUMP Kelly |
| 9:30-10:30am |  |   |   |   | CYCLING GarrettSMARTFIT BOOTCAMP | BODYCOMBAT JessicaRSMARTFIT BOOTCAMP |
| 10:30-11:30am |  |  |  |  | BODYPUMP Kelly | ZUMBA Chanel |
| 4:45-5:30pm |  |  |  |  |  |  |
| 5:30-6:30pm |   |   |   |   |  |  |
| 6:00-6:30pm |  |  |  |  |  |  |
| 6:30-7:30pm |  |  |  |   |  |  |
| 7:30-8:30pm |  |  |  |  |  |  |
|  | 4 | 5 | 6 | 7 | 8 | 9 |
| 5:30-6:30am |  | BODYPUMP Kelly |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia  | CREATIVE CORE Kristen |  | ZUMBA Natalia  | BODYPUMP Kelly |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT Lisa CYCLING CathySMARTFIT HIIT LB  | BODYPUMP Rachael SMARTFIT HIIT UB  | ZUMBA Natalia SMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT LB  | BODYCOMBAT Jessica RSMARTFIT HIIT TB  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
| 4:45-5:30pm |  | TABATA Trey  |  |  |  |  |
| 5:30-6:30pm | CYCLING GarrettBODYJAM KristieSMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT UB  | BODYCOMBAT AshleySMARTFIT HIIT TB  | BODYPUMP KellySMARTFIT BOOTCAMP  |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UB CYCLING Garrett  | CYCLING RhondaZUMBA/BODYJAM ChanelSMARTFIT HIIT TB  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB  |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 11 | 12 | 13 | 14 | 15 | 16 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia  | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT LB  | BODYPUMP Morgan SMARTFIT HIIT UB  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP | BODYCOMBAT LisaSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | ZUMBA Chanel |
| 4:45-5:30pm |  | TABATA Trey  |  |  |  |  |
| 5:30-6:30pm | CYCLING RhondaBODYJAM MorganSMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT UB  | BODYCOMBAT HeatherSMARTFIT HIIT TB  | BODYPUMP KellySMARTFIT BOOTCAMP  |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UB CYCLING Kevin  | CYCLING RhondaZUMBA/BODYJAM Chanel SMARTFIT HIIT TB  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB  |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 18 | 19 | 20 | 21 | 22 | 23 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT UB  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT UB  | BODYCOMBAT JessicaRSMARTFIT BOOTCAMP |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | ZUMBA Stephanie |
| 4:45-5:30pm |  | TABATA Trey  |  |  |  |  |
| 5:30-6:30pm | CYCLING RhondaBODYJAM MorganSMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT LB  | BODYCOMBAT AshleySMARTFIT HIIT TB  | BODYPUMP KellySMARTFIT BOOTCAMP |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT LB CYCLING Garrett  | CYCLING RhondaZUMBA/BODYJAM Chanel SMARTFIT HIIT TB  | ZUMBA ChanelCYCLING KevinSMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Kristen | HIP HOP Stephanie |  |  |
|  | 25 | **26** | 27 | 28 | 29 | 30 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT UB  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP | BODYCOMBAT JessicaRSMARTFIT BOOTCAMP |
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| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT HeatherSMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT LBCYCLING Kevin  | CYCLING Rhonda BODYJAM MorganSMARTFIT HIIT TB  | ZUMBA Stephanie CYCLING KevinSMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Kristen | HIP HOP Stephanie |  |  |

Questions or concerns? Please contact Morgan Hazelwood, Group Fitness Director at morganffl24@yahoo.com. All SMARTFIT classes in GREEN are held at our Highway 33 location. Anyone can try out a class for free, just call 252.689.6277 and set up an appointment!