|  |
| --- |
| **Fit for Life 24 Group Fitness- APEX MAY 2018  SMARTFIT CLASSES –HIGHLIGHTED IN GREEN (30 min. class)** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1** | **2** | **3** | **4** | **5** |
| 5:40-6:30am |  | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE- Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODYPUMP-Denisse |
| 9-10am |  |  | **CORE BLAST –Alecia**  |  | **CORE BLAST-Thom/Alecia** | **Bootcamp- Thom/Alecia** |
| 9:30-10:30am |  | BODYPUMP-Sarah | CYCYLE HIIT- Darlina |  | BODYPUMP-Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK-Joel |
| 10:30-11am |  |  |  |  |  |  |
| 11-12pm |  | SENIOR FIT-Sarah | SENIOR FIT- Elaine | SENIOR FIT- Elaine |  |  |
| 12-1PM |  |  |  |  |  |  |
| 5:30-6:30pm |  |  |  |  | BODYPUMP – ChristiBODYCOMBAT-Jen |  |
| 5:45-6:30pm |  | BODYATTACK-German**(45 min)** | ZUMBA- Anabel |  |  |  |
| 6-7pm |  |  | **HIIT LB-Ashley**CYCLE SCULPT- Darlina | ZUMBA-Anabel |  |  |
|  |  |  |  |  |  |  |
| 6:30-7:30pm |  | **CORE BLAST-Alecia** | BODYPUMP-Denisse/Tracey | **Bootcamp- ALECIA** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |
|  | **7** | **8** | **9** | **10** | **11** | **12** |
| 5:40-6:30am |  | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE- Tameka |  |
| 8:45-9:45 AM |  |  |  |  |  | BODYPUMP-Denisse |
| 9-10am | **CORE BLAST –Alecia** |  | **CORE BLAST –ALECIA** |  | **CORE BLAST-Thom/Alecia** | **Bootcamp- Thom/Alecia** |
| 9:30-10:30am | BODYCOMBAT- Judith | BODYPUMP-Sarah | CYCLE HIIT- Darlina |  | BODYPUMP-Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK-Joel |
| 10:30am |  |  | **\*NEW\***INTRO TO SF- Ashley |  |  |  |
| 11-12pm |  | SENIOR FIT-Sarah | SENIOR FIT- Elaine | SENIOR FIT- Elaine |  |  |
| 12-1pm |  |  |  |  |  |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  |  |  |
| 5:30-6:30pm | BODYPUMP-Brigitte |  |  | **\*NEW\*BODYATTACK- Brigitte (45min)** | BODYPUMP – ChristiBODYCOMBAT-Jen |  |
| 5:45-6:30pm |  | BODYATTACK-German**(45 min)** | ZUMBA- Anabel |  |  |  |
| 6-7pm | **HIIT UB- Ashley**  CYCLE SCULPT- Darlina |  | **HIIT LB-Ashley** CYCLE SCULPT - Darlina | **\*NEW\***INTRO TO SF- Ashley **\*New Time\*** **ZUMBA-Anabel(starts 6:15)** |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE BLAST-Alecia** | BODYPUMP-Denisse/Tracey | **Bootcamp- ALECIA** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |
|  | **14** | **15** | **16** | **17** | **18** | **19** |
| 5:40-6:30am |  | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE- Tameka |  |
| 8:45-9:45am |  |  |  |  |  | BODYPUMP-Denisse |
| 9-10am | **CORE BLAST-Alecia** |  | **CORE BLAST - Alecia** |  | **CORE BLAST-Thom/Alecia** | **Bootcamp- Thom/Alecia** |
| 9:30-10:30am | BODYCOMBAT-Judith | BODYPUMP-Sarah | CYCLE HIIT- Darlina |  | BODYPUMP-Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK-Joel |
| 10:30-11am |  |  | **\*NEW\***INTRO TO SF- Ashley |  |  |  |
| 11-12pm |  | SENIOR FIT-Sarah | SENIOR FIT- Elaine | SENIOR FIT- Elaine |  |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP-Tracey |  |  |  |  |  |
| 5:30-6:30pm | BODYPUMP-Brigitte |  |  | **\*NEW\*BODYATTACK- Brigitte (45min)** | BODYPUMP – ChristiBODYCOMBAT-Jen |  |
|  |  |  |  |  |  |  |
| 5:45-6:30pm |  | BODYATTACK-German**(45 min)** | ZUMBA- Anabel |  |  | **TURN OVER→** |
| 6-7pm | **HIIT UB-Ashley**CYCLE SCULPT- Darlina |  | **HIIT LB-Ashley**CYCLE HIIT- Darlina | **\*NEW\***INTRO TO SF- Ashley **\*New Time\*** **ZUMBA-Anabel(starts 6:15)** |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE BLAST-Alecia** | BODYPUMP-Denisse/Tracey | **Bootcamp- Alecia** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |
|  |  |  |  |  |  |  |
|  | **21** | **22** | **23** | **24** | **25** | **26** |
| 5:40-6:30am |  | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am |  |  |  |  | CYCLE- Tameka |  |
| 8:45-9:45am |  |  |  |  |  | BODYPUMP-Denisse |
| 9-10am | **CORE BLAST- Alecia** |  | **CORE BLAST-Alecia** |  | **CORE BLAST-Thom/Alecia** | **Bootcamp- Thom/Alecia** |
| 9:30-10:30am | BODYCOMBAT-Judith | BODYPUMP-Sarah | CYCLE HIIT- Darlina |  | BODYPUMP-Latoya |  |
| 10-11am |  |  |  |  |  | BODYATTACK-Joel |
| 10:30-11AM |  |  | **\*NEW\***INTRO TO SF- Ashley |  |  |  |
| 11-12pm |  | SENIOR FIT-Sarah | SENIOR FIT- Elaine | SENIOR FIT- Elaine |  |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  |  |  |
| 5:30-6:30pm | BODYPUMP-Brigitte |  |  | **\*NEW\*BODYATTACK- Brigitte (45min)** | BODYPUMP – ChristiBODYCOMBAT-Jen |  |
| 5:45-6:30pm |  | BODYATTACK-German**(45 min)** | ZUMBA- Anabel |  |  |  |
| 6-7pm | **HIIT UB-Ashley**  CYCLE SCULPT |  | **HIIT LB-Ashley**CYCLE SCULPT | **\*NEW\***INTRO TO SF- Ashley **\*New Time\*** **ZUMBA-Anabel(starts 6:15)** |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE BLAST-Alecia** | BODYPUMP-Denisse/Tracey | **Bootcamp- Alecia** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |
|  | **28** | **29** | **30** | **31** |  |  |
| 5:40-6:30am |  | BODYPUMP-Kathy | CYCLE-Chris | BODYPUMP-Tameka |  |  |
| 6-6:45am |  |  |  |  |  |  |
| 8:45-9:45am |  |  |  |  |  |  |
| 9-10am | **CORE BLAST-Alecia** |  | **CORE BLAST-Alecia** |  |  |  |
| 9:30-10:30am | BODYCOMBAT-Judith | BODYPUMP-Sarah | CYCLE HIIT- Darlina |  |  |  |
| 10-11am |  |  |  |  |  |  |
| 10:30-11am |  |  | I**\*NEW\***INTRO TO SF- Ashley |  |  |  |
| 11-12pm |  | SENIOR FIT-Sarah | SENIOR FIT- Elaine | SENIOR FIT- Elaine |  |  |
| 12-1PM |  |  |  |  |  |  |
| 2-3pm | BODYPUMP-Latoya |  |  |  |  |  |
| 5:30-6:30pm | BODYPUMP-Brigitte |  |  | **\*NEW\*BODYATTACK- Brigitte (45min)** |  |  |
| 5:45-6:30pm |  | BODYATTACK-German**(45 min)** | ZUMBA- Anabel |  |  |  |
| 6-7pm | **HIIT UB-Thomas**  CYCLE SCULPT |  | **HIIT LB-Thomas**CYCLE SCULPT | **\*NEW\***INTRO TO SF- Ashley **\*New Time\*** **ZUMBA-Anabel(starts 6:15)** |  |  |
| 6:30-7:30pm | BODYATTACK-Denisse **(45MIN)** | **CORE BLAST-Alecia** | BODYPUMP-Denisse/Tracey | **Bootcamp- Alecia** |  |  |
| 7-8pm |  | ZUMBA-Anabel |  |  |  |  |