

Fit for Life 24 Apex Group Fitness: May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5:40-6:30 AM			CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45 AM			SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM				CYCLE H.I.I.T Melissa	BODYPUMP Brigitte	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM			SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00 -3:00 PM						
5:30-6:30 PM				BODY ATTACK Brigitte	BODY COMBAT Jen	
5:45- 6:30 PM			ZUMBA Anabel		BODY PUMP Christi	
6:00-7:00 PM				ZUMBA Anabel		
6:30 -7:30 PM			BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM						
	6	7	8	9	10	11
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45AM	SMARTFIT HIITUB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah		CYCLE H.I.I.T Melissa	BODYPUMP Brigitte	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Sarah		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMARTFIT HIIT LB	BODYATTACK Denisse	SMARTFIT HIIT UB	ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	13	14	15	16	17	18
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Denise		
6:00-6:45 AM					CYCLE Melissa	
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB				SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah	SMARTFIT HIIT LB	CYCLE H.I.I.T Melissa	BODYPUMP Brigitte	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen

2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODYPUMP Tameka	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	ZUMBA Anabel		
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
20	21	22	23	24	25	
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45- 9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah		CYCLE H.I.I.T Melissa	BODYPUMP Tameka	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Denisse	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	ZUMBA Anabel		
6:30-7:30PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
27	28	29	30	31		
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
8:45-9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT LB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah		CYCLE H.I.I.T Melissa	BODYPUMP Brigitte	
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT Sarah	SENIOR FIT Elaine	SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK Denisse	SMARTFIT HIIT LB	ZUMBA Anabe		
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise/Tracey	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				