

GROUP FITNESS

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	5:30am	Andy	Darrell		Darrell	Andy		GRIT SERIES 20-MINUTE HIGH-INTENSITY INTERVAL TRAINING
	5:45am			ROTATION				Wed 5:45 am 5/3 Amanda 5/10 Andy 5/17 Connor 5/24 Mel 5/31 Andy
	6:30 am			Sueann				
	8:00am	Tiffany		Conner	Melody	Romina		
	8:30 AM		Dawn (45)					
	9:00 AM							Lynda (90)
	9:15am	Amanda	Amanda	Aric	Tiffany	Lynda		
	10:30am	Aric (30 min)	Dawn	Sueann 101	Aric	Melody	Connor	
	11:30 AM	Kris		Kris				
	4:30pm	Sueann	Romina					michelle
5:00 PM			Dawn (30)	Romina				
5:30pm	Maria	Melody	Quintin	Quintin				
6:00 PM					Ben		Saturday 5/6 Quintin 5/13 Liz 5/20 Quintin 5/27 Liz	
6:45pm	Beverly	Sueann	Shannon	Dawn				
8:00 PM				Michelle				
MIND AND BODY STUDIO	5:30 AM	Danielle	Kylie	Ben	Kylie	Danielle		
	8:00am	Kelsey	Mahmoud		Lisa	Nicole		Kelsey
	9:00am	NICOLE	Carolyn	Jennifer	Carolyn	Geri	Geri or Whitney	
	10:00am	JILL						Sat. Class 5/6 Shannon/Tiff 5/20 Shannon/Tiff
	10:15am		Dawnette (75)	Mahmoud (75)	Dawnette (75)	Leann	Leann	
	11:30am	michelle	Jennifer GOLD					
	1:00pm	Carolyn		Lisa	Carolyn			
	4:30 PM	Maria	Michelle M	Mana	Maria			Saturday Class 5/13 Brianna/Rom 5/27 Michelle/Bev
	5:30 PM	(75)Mahmoud	Abby	Amy	Kendra			
	6:30 PM		Lisa	Julia	Danielle			
7:30 PM		Kristin	kristin					
STUDIO 3	5:30am			Paul	Heather	Paul		
	8:00 AM	Carol	Nicole	Jermaine	Nicole	Harry		
	8:15 AM						Stacy	
	9:00am	Harry	Sueann	Harry	Dawnette	Amanda	Stacy	Heather
	10:00am		Angee		Angee			
	10:30am	Judy GOLD					Judy GOLD	
	11:00am		Sueann	Romina	Michelle M			
	4:30 PM	Kendra						
	5:30 PM			Judy Devery	BASIC			
	5:45 PM	Tammie						
6:30 PM			Harry					
6:45pm		Abby						
	8:15 AM						(45) Dawn	
	9:15 AM		(45) Dusty		(45) Kim			