

GROUP FITNESS

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO 1	5:30am	 Andy	 Darrell	 Andy	 Darrell	 Andy		
	6:15 am			 Sueann				
	8:00am	 Tiffany		 Conner	 Melody	 Romina		
	8:15 AM		 Dawn (45)					
	9:00 AM							 Lynda (90)
	9:15am	 Amy	 Amanda/Michelle	 Aric	 Tiffany	 Lynda		
	10:30am	 Aric (30 min)	 Dawn	 Sueann	 Aric	 Melody	 Connor	
	11:30 AM	 Kris		 Kris				
	4:30pm	 Sueann	 Romina					
	5:00 PM			 Dawn (30)	 Romina			
5:30pm	 Maria	 Melody	 Quintin	 Quintin			 Saturday Class 10/7 Tiff/Shannon 10/21 Tiffany	
6:00 PM					 Ben			
6:45pm	 Beverly	 Sueann	 Michelle	 Dawn				
8:00 PM				 Michele				
MIND AND BODY STUDIO	5:30 AM	 Darcel	 Kylie	 Ben	 Kylie	 Darcel		
	7:00 AM	 Kelsey						
	8:00am		 Mahmoud		 Lisa			 Kelsey
	9:00am	 Jen	 Carolyn	 Jennifer	 Carolyn	 Geri	 Geri or Whitney	
	10:15am	 Kelsey	 Dawnette (75)	 Mahmoud (75)	 Dawnette (75)	 Leann	 Leann	
	11:30am	 Michelle	 Jennifer GOLD					 Saturday Class 10/14 Mich /Romina 10/28 Bev/Mich
	1:00pm	Hatha Yoga Carolyn		 Lisa	Hatha Yoga Carolyn			
	4:30 PM	 Maria	 Michelle M	 Maria	 Mary Yana			
	5:30 PM	 (75)Mahmoud	 Abby	 kristin	 Kendra			
	6:30 PM		 Lisa	 Julia	 Danielle			
7:00 PM	 Kristin							
7:30 PM			 kristin					
STUDIO 3	5:30am			 Amanda I		 Heather		
	8:00 AM	 Carol	 Nicolet	 Jermaine	 Nicole	 Harry		
	8:15 AM						 Stacy	
	9:00am	 Harry	 Sueann	 Harry	 Dawnette	 HalAmanda	 Stacy	 Heather
	10:00am		 Angee		 Angee			
	10:30am	 Judy		 Romina			 Judy	
	11:00am		 Sueann		 Michelle M			Saturday Class Rotation Saturday 10/7 Liz 10/14 Quintin 10/21 Liz 10/28 Quintin
	4:30 PM	 Kendra			 Maria			
	5:30 PM			 Judy/ Beverly				
	5:45 PM	 Tammie		 Hal				
6:30 PM			 Hal					
6:45pm		 Abby						
8:15 AM						 (45 Dawn)		
9:15 AM		 (45) Dusty		 (45) Kim				