



Group Fitness Schedule

***ALL Group Fitness Classes are
INCLUDED with a Gym Membership!***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						7:55 AM <small>LES MILLS</small> BODYPUMP With Regina
	10:30 AM <small>LES MILLS</small> BODYPUMP with Regina					9:00 AM <small>LES MILLS</small> CORE with Sarah
	5:00 PM <small>LES MILLS</small> CORE with Sarah	5:00 PM <small>LES MILLS</small> BODYPUMP with Regina	5:30 PM <small>LES MILLS</small> CORE with Sarah	5:00 PM <small>LES MILLS</small> BODYPUMP with Regina		
	5:35 PM Kickboxing with Sarah		6:00 PM Yoga with Becky			