

# LOCKER ROOM PHASE 2 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8am</b>			<b>Yoga</b> Jenn			
<b>9am</b>	<b>TBC</b> Jenn	<b>Combat</b> Daryl		<b>Mat Pilates</b> Shari	<b>Barre</b> Jenn	<b>Combat</b> Rotating Kylee/Daryl
<b>10am</b>	<b>BodyPump</b> Daryl		<b>Zumba</b> Melissa	<b>TBC</b> Shari	<b>Grit</b> Kylee	<b>10:30 Yoga Mix</b> Melissa
<b>5pm</b>	<b>Combat</b> Melissa	<b>BodyPump</b> Christy		<b>TRX</b> Kylee		
<b>6pm</b>	<b>Yoga Mix</b> Melissa	<b>Grit</b> Christy	<b>Combat</b> Kylee	<b>BodyPump</b> Christy		
<b>7pm</b>				<b>Yoga Mix</b> Melissa		

- Max class size is 7 members

- Please Pre-Pay for class at the front desk
- Members, please bring your own mats for every class
- Classes may be held outside, weather permitting