

LOCKER ROOM GROUP FITNESS SCHEDULE 4/19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am					Body Combat Kylee	
9:30 am	TBC Daryl	Pilates Shari	TRX Kylee	Pilates Shari	Grit Kylee	Body Combat Rotating Kylee/Daryl
10:30 am		Barre Shari	Body Combat Daryl	TBC Shari		BodyPump Anna Leigh
11:30 am		Active Aging Melissa		Zumba Gold Melissa		
5pm	Body Combat Melissa	BodyPump Daryl	TBC Kylee	BodyPump Anna Leigh		
6pm	Yoga Mix Melissa	Grit Daryl	Body Combat Kylee	Barre Kate		
7pm			Bodyflow Anna Leigh	Yoga Kate		

