



Effective Fall 2020

group fitness studio schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
	Kelly		Kelly			
9:00 AM	Forever Fit		Forever Fit		Forever Fit	Fred Amanda
	Shirleen		Shirleen		Shirleen	
10:00 AM	All in 1		All in 1		All in 1	
	Kim		Kim		Kim	Lisa
12:00 PM		LES MILLS BODYSTEP		LES MILLS BODYSTEP		
		Kim		Kim		
4:30 PM			LES MILLS BODYATTACK			
			** Erica			
5:00 PM						
		*Patrick		*Patrick		
5:30 PM	POWER STEP		POWER STEP			
	Beth	Nicole	Beth	Nicole		
		Amanda		Amanda		
7:30 PM		LES MILLS BODY PUMP		LES MILLS BODY PUMP		
		Lisa		Lisa		

