



Effective June 2019

group fitness studio schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM	Kelly		Kelly			
9:00 AM	Shirleen	Shirleen	Shirleen	Shirleen	Shirleen	Lisa Fred Amanda
10:00 AM	Kim		Kim		Kim	Lisa
11:00 AM	Kim		Kim		Kim	Kelly
12:00 PM	Shirleen <i>PIYO (Pilates/Yoga)</i>	Kim	Shirleen <i>PIYO (Pilates/Yoga)</i>	Kim		
5:30 PM	Beth	Kelly	Beth	Kelly		
6:30 PM	Lisa	Amanda Fred Lisa	Lisa	Amanda Lisa Fred		
7:30 PM		Lisa		Lisa		



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