



Effective Winter 2021

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	Lisa
	Kim		Kim		Kim	
12:00 PM		LES MILLS BODYSTEP		LES MILLS BODYSTEP		
		Kim		Kim		
5:00 PM		LES MILLS BODYATTACK		LES MILLS BODYATTACK		
		Erika		**Erika**		
5:30 PM	POWER STEP		POWER STEP			
	Beth	Nicole	Beth	Nicole		
6:15 PM		TRX		TRX		
		Betsy		Betsy		
6:30 PM		Amanda/Fred		Amanda/Fred		
7:30 PM		LES MILLS BODY PUMP		LES MILLS BODY PUMP		
		Lisa		Lisa		