

**NOTE: Studio A  
classes will have an  
"A" after time**



Updates Everyday!



## GROUP EXERCISE SCHEDULE 2017

Note: Class, Instructor, Studio and/or Time subject to change. Revised 9/1/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-A TRACI DRENCHED	5:30AM TRACI FUGION FIT <small>INTENSE. ADDICTIVE. INVIGORATING.</small>	5:30AM-A TRACI DRENCHED	5:30AM TRACI FUGION FIT <small>INTENSE. ADDICTIVE. INVIGORATING.</small>	5:30AM TRACI LES MILLS BODYPUMP	9:15AM JWorJC LES MILLS BODYPUMP
6:00AM JULIE C LES MILLS BODYPUMP		6:00AM JULIE C LES MILLS BODYPUMP			10:30 MichelleD ZUMBA fitness
	8:30AM JULI LES MILLS BODYPUMP				
	9:30AM TERRI HEALTHWAYS Silver Sneakers	10:00AM TERRI HEALTHWAYS Silver Sneakers	10:00AM TERRI HEALTHWAYS Silver Sneakers	9:30AM JULI W LES MILLS BODYPUMP	
	11:30 Michelle C ZUMBA fitness		11:30 Michelle C LES MILLS BODYPUMP		
		5:30PM-A Holly DRENCHED			
5:30PM JWorJC LES MILLS BODYPUMP	5:30PM Team Julie LES MILLS BODYATTACK	5:30PM JULI W LES MILLS BODYPUMP	5:30PM Team Julie LES MILLS BODYATTACK	5:30PM TRACI RIPPED THE ONE STOP BODY SHOCK™	<b>SUNDAY CLASS</b>
6:30PM MichelleD ZUMBA fitness	6:30PM Michelle U LES MILLS BODYFLOW	6:30PM MichelleD ZUMBA fitness	6:30PM Michelle U LES MILLS BODYFLOW		1:30PM MichelleU LES MILLS BODYFLOW
6:30PM-A Jonathan <b>Power Fit</b>			6:30PM-A Jonathan <b>Power Fit</b>	<b>CHECK OUR FACEBOOK PAGE FOR DAILY POSTINGS ABOUT CLASSES.</b>	