



SPRING 2020

GROUP

FITNESS

01.26.20-05.05.20

	MON	TUE	WED	THU	FRI	SAT
6:00AM		MASHUP Lindsay		MASHUP Lindsay		
6:15AM 6:30AM	*SPORT TRAINING Lindsay		*SPORT TRAINING Lindsay		*SPORT TRAINING Lindsay	
8:15AM	FOREVER STRONG Angie	RESTORATIVE STRETCH Angie	FOREVER STRONG Angie	RESTORATIVE STRETCH Angie		
8:30AM					WATER AEROBICS Angie	
9:00AM	AQUA FITNESS Sheryl		AQUA FITNESS Sheryl			
9:30AM		*DR. DUTT * Academic Class		*DR. DUTT * Academic Class		
10:30AM						BaiYang Damoa Gong Dr. Chen
4:30PM	BARRE Amy	ZUMBA Bella	BARRE CIRCUIT Amy	ZUMBA Bella		
4:45PM	CARDIO POWER Nancy		CARDIO POWER Nancy			
5:30PM		SPIN/ABS Teresa		SPIN/ABS Teresa		
6:30PM	KICKBOXING Demita		KICKBOXING Demita			
7:30PM		YOGA BASICS Shay				
8:30PM		BaiYang Damoa Gong Dr. Chen				