



Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 am Cycling Paula	4:45 am Fusion Lori	4:45 am Cycling Deb	4:45 am Fusion Lori	4:45 am Cycling Christine	7:00 am OPT Lori	7:00 am Cycling Christine
	5:45 am OPT Deb	5:45 am Cycling/Core Paula	5:45 am OPT Lori	5:45 am Cycling Lori	7:00 am Cycling Robyn	8:15 am Cycling Jordan
8:15 am Fusion Paula		8:15 am OPT Dianne			8:15 am Cycling Lori	
9:15 am Cycling/Flexibility Deb	9:15 am Cycling/Core Paula		9:15 am Cycling Kevin	9:15 am Fusion Deb	9:15 am OPT Lori	9:30 am Boot Camp (Seasonal) Mike
		4:30 pm Fusion Deb				
5:45 pm Kettle Bell AMPD Paula	5:45 pm OPT Kevin	5:45 pm Insanity Mary	6:30 pm OPT Mary	5:45 pm OPT Tim		
6:30 pm Cycling Kevin	6:45 pm Cycling Lori		6:30 pm Cycling Dianne/Robyn			