



541.687.2200

# GROUP X SCHEDULE September

Check us out on



facebook

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b> 5 o'clock hour		5:45 HIIT 60 Julie		5:45 HIIT 60 Julie			
7 o'clock hour							
8 o'clock hour	8:45 CARDIO BLAST Julie		8:45 CORE & MORE Julie		8:45 GROUP STR. Judy	8:45 CARDIO BLAST/CORE &MORE Julie	
10 o'clock hour	10:15 GROUP STR. Julie			10:15 GROUP STR. Carey			10:00 *YOGA Verna/ Carey
12 o'clock hour	12:00 *YOGA STRONG Jess	12:00 *PILATES Christina	12:00 *YOGA STRONG Jess	12:00 *YOGA Glen			
5 o'clock hour	5:45 Zumba® Elisa		5:45 Zumba® Leann				
7 o'clock hour							
<b>CLUB HOURS</b>						<b>Classes are 1 hour</b>  <b>*Personal mat needed for Yoga and Pilates</b>	
<b>Monday-Friday</b>	<b>5:00AM - 8:00PM</b>						
<b>Saturday</b>	<b>7:00AM - 3:00PM</b>						
<b>Sunday</b>	<b>8:00AM - 4:00PM</b>						