

December 2017 Fitness Schedule

Monday

5:30 - 6:00 am – CXWORX (AS)
8:30 - 9:30 am – BODYPUMP (AS)
9:35 - 10:35 am – BODYCOMBAT (AS)
11:30 - 12:00 pm – CXWORX (AS)
5:30 – 6:30 pm – BODYPUMP (AS)
5:30 - 6:15 pm – BODYATTACK (GYM)
6:00 - 6:45 pm – SPINNING (CR)
6:35 - 7:35 pm – ZUMBA (AS)

Tuesday

5:30-6:30 am – BODYPUMP (AS)
8:30 – 9:00 am - GRIT (AS)
9:00 – 10:00 am – ZUMBA (AS)
10:00 – 10:45 am – BLISS YOGA (SR)
4:20-5:05 – BODYPUMP EXPRESS (AS)
5:15-5:45 pm – CXWORX (AS)
5:50-6:50 pm – BODYCOMBAT (AS)
7:00-7:45 pm – BLISS YOGA (SR)

Wednesday

5:30-6:00 am – CXWORX (AS)
6-6:45 am – BODYATTACK (AS)
8:30-9:30 am – BODYPUMP (AS)
9:35-10:35 am – BODYCOMBAT (AS)
11:30-12:00 pm – CXWORX (AS)
4:45–5:25 pm – Stretch & Strengthening (SR)
5:30 – 6:30 pm – BODYPUMP (AS)
5:30 - 6:15 pm – BODYATTACK (GYM)
6:00 - 6:45 pm – SPINNING (CR)
6:35 - 7:35 pm – ZUMBA (AS)

Thursday

5:30-6:30 am – BODYPUMP (AS)
8:30 – 9:00 am - GRIT (AS)
9:00 – 10:00 am – ZUMBA (AS)
10:00 – 10:45 am – BLISS YOGA (SR)
4:20-5:05 – BODYPUMP EXPRESS (AS)
5:15-5:45 pm – CXWORX (AS)
5:50-6:50 pm – BODYCOMBAT (AS)
7:00-7:45 pm – BLISS YOGA (SR)

Friday

5:30-6:15 am – BODYATTACK (AS)
8:30-9:30 am – BODYPUMP (AS)

Saturday

7:00-8:00 am – BODYPUMP (AS)
8:05-8:50 am – BODYATTACK (AS)

AS – Aerobic Studio
SR – Spirit Room
CR – Community Room