








































GROUP FIT SCHEDULE - EARLY WINTER 2024

EFFECTIVE DECEMBER 7, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am  Lou	5:10-6:00am  Lou	7:45-8:15am  Patti	5:10-6:00am  Lou	8:00-9:00am  Patti	7:15-7:45am  Lynn	8:00-9:00am  Scott
9:15-10:15am  Ledys	9:15-10:15am  Alisha	8:30-9:15am CORE AND MORE Patti	8:00-9:00am  Classic Candy	9:15-10:00am CORE AND MORE Patti	8:00-9:00am  Lynn	9:00-10:00am  Patti
10:15-11:15am  Gabbie	10:15am-11:15am PILATES/YOGA FUSION Kristie	9:15-10:15am  Alisha	9:15-10:15am  Candy	10:15-11:15am  Candy	9:15-10:00am  Lynn	9:00-10:00am  Nikki
5:00-6:00pm  Nikki/Joe	11:30am-12:30pm  Classic Kristie	11:15am-12:15pm  Ledys	10:15-11:15am  Maggie	11:30am-12:30pm  Classic Ledys	9:00-10:00am  / KICKBOX Rotation	10:00-11:00am  Gina
6:00-7:00pm  Scott/Lynn	5:30-6:30pm  Kathy K.	5:30-6:30pm  Liz	11:15am-12:15pm  Ledys	5:00-6:00pm  Helen	10:00-11:00am  Scott	11:10am-12:10pm  Mind Body Team
	5:30-6:30pm  Nikki/Joe	5:30-6:30pm  Sarah	4:45-5:30pm  Lynn		11:00am-12:00pm  Gina	
	6:30-7:30pm  Scott	6:30-7:30pm  Alex	5:30-6:30pm  Kathy K.			
			5:45-6:45pm  Nikki/Joe			

