GROUP FIT SCHEDULE - LATE WINTER 2025 EFFECTIVE MARCH 1, 2025

7:45-8:30am		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lou Lou Patti Lynn Scott	7:45-8:30am	5:10-6:00am	7:45-8:15am	5:30-6:00am	8:00-9:00am	7:15-7:45am	8:00-9:00am
9:15-10:15am 9:15-10:15am 9:15-10:15am 9:15-10:15am 9:15-10:15am 0:00		1					
Color	9:15-10:15am	9:15-10:15am	8:30-9:15am	7:45-8:30am	9:15-10:00am		9:00-10:00am
CORE AND MORE Condy Cond	FITNESS	/				,	
Scott Sco	0:15-11:15am	10:30am-11:15am	9:15-10:15am	8:00-9:00am	10:15 -11:15am	9:15-10:00am	9:00-10:00am
Classic Kristie Edys Candy Ledys Condy Ledys Classic Cla				Fitness Program			GROUPBLAST
Nikki/Joe Kristie Ledys Candy Ledys Rotation Gina	5:00-6:00pm	11:30am-12:30pm	11:15am-12:15pm	9:15-10:15am	11:30am - 12:30pm	9:00-10:00am	10:00-11:00am
6:00-7:00pm 5:30-6:30pm 4:45-5:15pm 10:15-11:15am 5:00-6:00pm 10:00-11:00am 11:10am-12:10pm VOGA Kathy K. Sarah Maggie YOGA Helen Scott Mind Body Team 11:00am-12:00pm 2/MBA Liz 2/MBA Ledys Gina YOGA ROTATION Gina Scott Scott Sarah Lynn 5:30-6:30pm 5:30-6:30p		Fitness Program	anld	/	Fitness Program		/
CORE AND MORE Scott/Lynn 5:30-6:30pm 5:30-6:30pm POWER Nikki/Joe 6:30-7:30pm 6:30-7:30pm 6:30-7:30pm 6:30-7:30pm 5:30-6:30pm 5:30-6:30pm 5:30-6:30pm 6:30-7:30pm 6:30-7:30pm 5:30-6:30pm FYOGA Helen 11:00am-12:00pm 2UMBA Ledys Gina 11:00am-12:00pm 2UMBA Gina FYOGA CENTERGY Nind BODY Mind BODY Mind Body Team 11:00am-12:00pm 2UMBA Gina FYOGA Lynn 5:30-6:30pm FYOGA Alex Kathy K. 5:45-6:45pm FPOWER	-		-	10:15-11:15am	-	10:00-11:00am	
POWER Nikki/Joe 6:30-7:30pm 5:30-6:30pm 4:45-5:30pm YOGA Lynn 6:30-7:30pm 5:30-6:30pm FYOGA Alex Kathy K. 5:45-6:45pm	GROUP	SPINNING	CORE AND MORE	1	YOGA		
Nikki/Joe 6:30-7:30pm 5:30-6:30pm ✓ YOGA Lynn 6:30-7:30pm ✓ YOGA Alex 5:45-6:45pm ✓ FOWER		5:30-6:30pm	5:30-6:30pm	11:15am-12:15pm		11:00am-12:00pm	
Sarah Scott Sarah Lynn 6:30-7:30pm YOGA Lynn Figure A Kathy K. 5:45-6:45pm FOWER		/		aold		CINESS .	
Scott Sarah Lynn 6:30-7:30pm FYOGA Alex Side State Sarah Side Side Side Side Side Side Side Side	F	6:30-7:30pm	5:30-6:30pm	4:45-5:30pm	20 20		V. O
YOGA Alex S:45-6:45pm POWER*						7 3	
Alex Kathy K. 5:45-6:45pm POWER*			6:30-7:30pm	5:30-6:30pm			
POWER*							
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