



































GROUP FIT SCHEDULE - LATE WINTER 2025

EFFECTIVE MARCH 1, 2025

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

