

GROUP FIT SCHEDULE - SUMMER 2025

EFFECTIVE JULY 1ST

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

