

# GROUP FIT SCHEDULE - FALL

EFFECTIVE OCTOBER 5TH

| MONDAY                                                                                                         | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                     | THURSDAY                                                                                                           | FRIDAY                                                                                                                  | SATURDAY                                                                                                      | SUNDAY                                                                                                       |
|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 7:45-8:30am<br><br>Lou        | 5:10-6:00am<br><br>Lou                 | 7:45-8:15am<br><br>Patti     | 7:45-8:30am<br><br>Lou          | 8:00-9:00am<br><br>Patti             | 7:15-7:45am<br><br>Lynn    | 8:00-9:00am<br><br>Scott  |
| 9:15-10:15am<br><br>Ledys     | 9:15-10:15am<br><br>Alisha             | 8:30-9:15am<br>CORE AND MORE<br>Patti                                                                         | 8:00-9:00am<br> Classic<br>Candy | 9:15-10:00am<br>CORE AND MORE<br>Patti                                                                                  | 8:00-9:00am<br><br>MJ      | 9:00-10:00am<br><br>Patti |
| 10:15-11:15am<br><br>Gabbie   | 10:30am-11:15am<br>CORE AND MORE<br>Kristie                                                                             | 9:15-10:00am<br><br>Alisha   | 9:15-10:15am<br><br>Candy        | 10:15-11:15am<br><br>Candy           | 9:15-10:00am<br><br>Lynn   | 9:00-10:00am<br><br>Nikki |
| 5:00-6:00pm<br><br>Nikki/Joe  | 11:30am-12:30pm<br> Classic<br>Kristie | 10:00am-10:45am<br>MAT PILATES<br>Alisha                                                                      | 10:15-11:15am<br><br>Maggie      | 11:30am-12:30pm<br> Classic<br>Ledys | 9:00-10:00am<br><br>Gina   | 10:00-11:00am<br><br>Gina |
| 6:00-7:00pm<br><br>Scott/Lynn | 5:30-6:30pm<br><br>Kathy K.            | 11:15am-12:15pm<br><br>Ledys | 11:15am-12:15pm<br><br>Ledys     | 5:00-6:00pm<br><br>Helen             | 10:00-11:00am<br><br>Scott | 11:10am-12:10pm<br>MIND/BODY ROTATION<br>Rotation                                                            |
|                               | 5:30-6:30pm<br><br>Nikki/Joe           | 4:45-5:15pm<br>CORE AND MORE<br>Sarah                                                                         | 4:45-5:30pm<br><br>Lynn          |                                     |                                                                                                               |                                                                                                              |
|                                                                                                                | 6:30-7:30pm<br><br>Scott             | 5:30-6:30pm<br><br>Liz     | 5:30-6:30pm<br><br>Kathy K.   |                                                                                                                         |                                                                                                               |                                                                                                              |
|                                                                                                                |                                                                                                                         | 5:30-6:30pm<br><br>Sarah   | 5:45-6:45pm<br><br>Nikki/Joe   |                                                                                                                         |                                                                                                               |                                                                                                              |
|                                                                                                                |                                                                                                                         | 6:30-7:30pm<br><br>Scott   |                                                                                                                    |                                                                                                                         |                                                                                                               |                                                                                                              |