GROUP FIT SCHEDULE - FALL EFFECTIVE NOVEMBER 1ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am SPINNING Lou	5:10-6:00am SPINNING Lou	7:45-8:15am SPINNING Patti	7:45-8:30am SPINNING Lou	8:00–9:00am SPINNING Patti	7:15-7:45am YOGA Lynn	8:00-9:00am GROUP ACTIVE Scott
9:15-10:15am ZUMBA FITNESS Ledys	9:15-10:15am GROUP POWER Alisha	8:30-9:15am CORE AND MORE Patti	8:00-9:00am Silver Sneakers Classic Candy	9:15–10:00am CORE AND MORE Patti	8:00-9:00am GROUP POWER MJ	9:00-10:00am SPINNING Patti
10:15-11:00am CORE AND MORE Kristie	10:30-11:15am CORE AND MORE Kristie	9:15-10:00am GROUP fight Alisha	9:15-10:15am GROUP POWER Candy	10:15-11:15am GROUP ACTIVE Candy	9:15-10:00am SPINNING Lynn	9:00-10:00am GROUP BLAST Nikki
5:00-6:00pm GROUP fight Nikki/Joe	11:30am-12:30pm Silver Sneakers Classic Kristie	10:00-10:45am MAT PILATES Alisha	10:15-11:15am GROUP CENTERGY Maggie	11:30am-12:30pm Silver Sneakers Classic Ledys	9:00-10:00am ZUMBA FITNESS Gina	10:00-11:00am GROUP POWER Gina
6:00-7:00pm GROUP CENTERGY Scott/Lynn	5:30-6:30pm SPINNING Kathy K.	11:15am-12:15pm ZUMBA FITNESS Ledys	11:15am-12:15pm ZUMBA FITNESS Ledys	5:00-6:00pm YOGA Helen	10:00-11:00am GROUP CENTERGY Scott	11:10am-12:10pm YOGA Helen/Alex
	5:30-6:30pm GROUP POWER Nikki/Joe	4:45-5:15pm CORE AND MORE Sarah	4:45-5:30pm YOGA Lynn			
	6:30-7:30pm GROUP BLAST Scott	5:30-6:30pm ZUMBA FITNESS Liz	5:30-6:30pm SPINNING Kathy K.			
		5:30-6:30pm SPINNING Sarah	5:45-6:45pm GROUP POWER Nikki/Joe			
		6:30-7:30pm GROUP CENTERGY Scott